

Aspire, Perspire, Nourish Yourself

Wellness Ideas for Everyday Living.

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Romaine Greens Smoothie

Makes 2 cups

Ingredients:

1/2 cup romaine lettuce
1/2 rib celery
2 leaves radicchio
1/2 small apple
1/4 inch fresh ginger
1 cup water

Directions:

1. Mix all ingredients in a blender or use a hand blender. Add more water if necessary.
2. Enjoy immediately.

Add ground flaxseeds or hemp oil for added benefits.