

FitKim's Green Smoothie Remix

Although the USDA recommends adults consume 5-13 servings of fruits & veggies daily, the average is only 1-2:(Start your day off with my Green Smoothie Remix that contains 6-7 fruit/veggie servings and watch your energy levels soar!

Ingredients:

- 1 cup Coconut Water or Milk
- 2 big handfuls of fresh Greens
- 1 Banana or quartered Apple
- 1/4 to 1/2 Avocado
- 2 cups frozen Fruit (I like mixed berries)
- 1 cup frozen Veggies (Broccoli is my favorite)
- 1 scoop Protein Powder
- 1 scoop of [Greens](#) (these are powdered veggies)
- Water as desired (fill up about 2/3rds)



Bonus: Add 1 Tbsp. of a nutritional boost such as Maca, Chia Seeds, Goji, etc.

Directions:

1. Place all ingredients in a high-powered blender.
2. Add enough water to reach desired consistency.
3. Blend for 30-45 seconds, pour into two [shaker cups](#), drink one now and the other later!

Servings: 2 Prep Time: 5 minutes Cook Time: 0 minutes

Nutritional Content per serving:

Calories: 285 Protein: 15g Carbs: 40g Fats: 5g Sugar: 25g Fiber: 12g

Here's my original version: <http://fitkim.com/fitkims-green-smoothie/>