

Veggie Madness Smoothie

Pump up your nutrition with this veggie smoothie

INGREDIENTS

- 2 Level Scoops (26.4 g) Daily BioBasics
- 8 – 12 oz (240 to 360 ml) Water
- 1 Tomato small
- 1 Cup Spinach
- 1/4 Cup Onion
- 1/4 Cup Avocado
- 1/2 Cup Cucumber, peeled
- 2 Tbsp Almonds
- 2 Tbsp Lemon Juice Fresh Squeezed
- 3 – 6 Ice Cubes

DIRECTIONS

Mix together in blender. For some nutty variety, try using cashews, pine nuts or walnuts as a substitute for almonds.

