

Raw Spice Bar Detox Green Smoothie by Lynn's Recipes



Lynn demonstrates a Detox Green Smoothie using the Power Spice Blend from Raw Spice Bar. This was included in their August subscription.

Ingredients:

- RawSpiceBar's Power Spice Blend
- 2 cups spinach or torn kale leaves
- 1/2 cup chopped cucumber
- 1 small pear (or 1/2 large), cored and chopped
- 1 banana, chopped (preferably frozen)
- 1 cup almond milk or coconut water
- 1 Tablespoon fresh mint
- 1 Tablespoon fresh parsley
- 1/2-1 whole lemon, juiced

Place all ingredients in blender and blend until completely smooth.

Rawspicebar.com/August-Baltimore-Spice-Box

* [Link to Vitamix Blender](#)

*Affiliate Link

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