



[Strawberry Apple Smoothie Recipe](#)

Recipe found on [AnnsEntitledLife.com](http://www.annsenticledlife.com)

Prep Time: 5 Minutes

Total Time: 7 Minutes

Strawberry Apple Smoothie Recipe Mise en Place:

- [Measuring Cup](#)
- [Measuring Spoons](#)
- [Blender](#)

Strawberry Apple Smoothie Recipe Ingredients:

- 1 cup Strawberries (tops and all)
- 1 Apple
- 1 cup Spinach
- 5 Springs Parsley
- 1 TBSP Lemon Juice
- 1 cup Orange Juice

Strawberry Apple Smoothie Recipe Directions:

- Add all the ingredients to your blender and set it on the smoothie button (typically 35-45 seconds on high).
 - Check the consistency of the smoothie. Blend more if all ingredients are not completely blended.
 - Add in more liquid if you like it a bit thinner, and if blend for 10-15 more seconds.
 - Pour into a tall glass, and enjoy.
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- Makes 1 Strawberry Apple Smoothie

Strawberry Apple Smoothie Recipe Add-ons

Use this Strawberry Apple Smoothie Recipe as a base and add in other one or more of these items to increase its powerful punch performance, and vary the taste:

- Note: 1 cup of Almond Milk or 1 cup of water may be substituted for the orange juice.
- 1 scoop [Protein Powder](#)
- 1 TBSP [Bee Pollen](#)
- 1 TBSP Apple Cider Vinegar
- 1 TBSP Oats (to make your smoothie thicker or to fill you up more)
- 2 Kale Leaves
- ½ Banana
- ½ Pear
- 1 Carrot, large
- 1 Celery Stalk
- 1 cup Blueberries