

Food Babe's Energizing Lunchtime Smoothie



Prep Time:	Cook Time:	Total Time:	Serves:
5 mins	0 mins	5 mins	2

<https://foodbabe.com/energizing-lunchtime-smoothie-recipe-fast-food-that-rocks>

Ingredients:

- 2 scoops [Truvani Protein & Greens](#)
- 2 scoops [Truvani Marine Collagen](#)
- 4 celery stalks
- 1 cucumber
- 2 tablespoons ginger root, grated
- 1 ½ tablespoons fresh lemon juice
- 3 cups kale, chopped
- 2 green apples, cored and chopped
- 12 ounces filtered water

Instructions:

1. Place all ingredients in a blender and blend until smooth.

Notes:

- Please choose all organic ingredients if possible