



Green Apple-Cucumber Smoothie

MyPlate2Yours - Lynn Dugan

Ingredients

1 cup Granny Smith apple, cored and diced (peeled, if thick skinned)
1/2 cup seedless cucumber, unpeeled and diced
1/2 to 1 cup romaine lettuce or swiss chard or kale
8 ounces lemon non-fat Greek yogurt
1 cup pineapple juice
1 cup ice cubes

Directions

Combine all ingredients in reverse order into a blender bowl. Cover and process on high until smooth and frothy. Serve immediately. Enjoy!