THE J.M. SMUCKER Co

Spinach, Apple, and Carrot Smoothie

This refreshing smoothie offers a healthy portion of fresh spinach, sweet Honeycrisp apple slices, carrot, coconut water and zero-calorie **Stevia In The Raw**®.

Prep Time	Cook Time	Serves	Difficulty
50 mins	N/A	1	N/A

Ingredients

- 1 packed cup baby spinach
- 1 medium carrot, peeled and trimmed
- 1/2 Honeycrisp apple, cored and chopped
- 2 packet **Stevia In The Raw**
- 1/2 avocado, pitted and scooped from the shell
- 1/2 cup water or coconut water

Directions

1. In a blender combine spinach, carrot, apple, avocado, water or coconut water, and stevia. Blend until smooth.
2. Pour smoothie into a tall glass.

Images

