



Orange Ginger Smoothie



1 servings



10 mins prep | 10 mins total time

Per serving:

188 calories

34 g carbs

9 g fiber

6.3 g fat

4 g protein

Ingredients

- 1 orange, peeled and quartered
- 2 Tbs ginger
- 1/4 cup parsley, fresh
- 1/4 avocado
- 1/2 cucumber, peeled and chopped
- 1/2 cup kale, shredded
- 1 cup water
- Stevia, or sweetener of choice, to taste

Directions

Prep

1. Peel and cut orange.
2. Peel and chop ginger and cucumber.

Make

1. Place all ingredients in a blender and process until smooth and creamy.
2. Add stevia or sweetener of choice, to taste.

Note: To turn this smoothie into a meal replacement add 1 cup of plain Greek yogurt, or a scoop of your favorite protein powder equivalent to 20-30 grams of protein.



Elisa England
MS, RDN



Ellen Petrosino
MS, RDN, IFNCP



Making mealtime
deliciously easy.
More recipes here

