

Green Smoothie

1 cup kale
1 large Gala apple, roughly chopped
1 English cucumber, roughly chopped
1 tablespoon fresh lemon juice
1 teaspoon fresh grated ginger
1/2 cup coconut water or water
1/2 tablespoon coconut oil
1/2-1 tablespoon maple syrup, to taste
4-5 ice cubes
Protein powder, optional

Place all ingredients, except maple syrup and ice, into a high-speed blender and blend on high until very smooth. Blend in ice and maple syrup, to taste. Recipe by Oh She Glows.