



## The Grinch's Smoothie

Yield: 2 servings

### Ingredients:

- 2 cups rice milk, almond milk or any other non-dairy beverage of choice
- 1 handful kale and/or spinach
- $\frac{1}{2}$  cup fresh cilantro or mint
- 1 banana, fresh or frozen
- $\frac{1}{2}$  of green apple and  $\frac{1}{2}$  of red apple
- 4-6 pitted dates
- 1 stalk of celery, chopped into 2" pieces
- 1 tbsp flax seed
- Ice
- Almond milk or coconut whipped cream - optional
- pomegranates for garnish - optional

### Directions:

1. Add all ingredients to a blender and blend until smooth.
2. Pour into glass. For an extra holiday touch, top with whipped cream and pomegranates