**Kimberly Snyder’s Glowing Green Smoothie**



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Author: Kimberly Snyder

Recipe type: Green Smoothie

Serves: 5-6 cups

Ingredients

* 12-16 oz [Filtered Water](http://www.amazon.com/s/?_encoding=UTF8&camp=1789&creative=390957&field-keywords=water%20filter&linkCode=ur2&rh=n%3A1055398%2Ck%3Awater%20filter&sprefix=water%20filter%2Cgrocery%2C326&tag=blenbabe-20&url=search-alias%3Dgarden)
* 1 head Romaine Lettuce
* 1 cup Spinach
* 3 Celery Stalks
* 1 Apple (cored)
* 1 Pear
* 1 Banana
* Juice ½ Lemon
* 1 cup Ice

Instructions

1. Place all ingredients in the jar in order listed
2. For [Blendtec:](http://www.blendtec.com/?affiliateid=486819) Press the Soup Button
3. For [Vitamix:](https://www.vitamix.com/?COUPON=06-007974) Select VARIABLE, speed #1. Turn on machine and quickly increase speed to #10; then to HIGH. Run for 1½ minutes or until smooth.

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**Orange Julius Smoothie**

1 orange

½ cup milk

½ tsp. vanilla extract

Ice

Sweetner

Blend together until smooth! Enjoy!