

Green Nectarine Smoothie

You never knew fruit and greens could taste so good together until you've tried this delightful smoothie!

Ingredients

½ cup freshly squeezed Orange Juice (about 2 Oranges, Valencia, Naval or other sweet variety recommended)
10-12 Raw Cashews
2 Nectarines, cored and sliced (preferably ripened yellow, white nectarines or peaches)
2 ripe Bananas
½ cup Plain Whole Yogurt (1 ripe Avocado may be substituted as a dairy free option)
2 teaspoon Hemp Seeds (optional)
2 cups Spinach Leaves, packed
25-30 fresh Mint Leaves or 8-10 fresh Basil Leaves or to taste
3 cups Ice Cubes
1-2 teaspoons Raw Agave Nectar (optional)

Special Equipment

Powerful Blender

Preparation

Place orange juice, cashews, nectarines, bananas, yogurt, hemp seeds, spinach, mint or basil and ice in that order in a blender. Blend on high speed until smooth (using tamper if needed); add agave nectar for additional sweetness if needed.

Serves 2

Note: All ingredients may be adjusted for desired consistency and flavor. If substituting yogurt with avocado smoothie will be thicker and you may want to lessen the amount of ice.