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**VEGGIE POWER SMOOTHIE**

This juice was adapted from *5lbs in 5 DAYS* by Jason Vale. I have adapted it by making 2 juice bases at once and using spinach, avocado and ice cubes in a blender to finish it. (makes 2 juice bases)

**Ingredients (base)**

* 4 Granny Smith apples, organic
* 1 lemon, peeled
* 1 stalk of celery
* ½ a medium cucumber
* 2 inches of broccoli stem

Juice all above ingredients and transfer and divide the juice into 2 (2 cup) glass jars. Seal and store in fridge for same day use or freeze.

When you are ready to serve transfer the base juice to a blender or NutriBullet and add (per serving):

* 2 large handfuls of spinach
* ½ avocado
* 3 ice cubes (made from filtered water)

Blend and serve immediately.