

Gigi Pandian's Green Smoothie Alchemy

INGREDIENTS:

- 1 pear, cored
- 1 cup frozen broccoli
- 1 cucumber, peeled
- 1/4 to 1/2 of an avocado
- 1 tsp fresh ginger, peeled
- 1 cup of coconut water (or plain water if you don't want added sweetness)
- Optional: If you're a chocolate lover, add 1 Tbsp cacao nibs or unsweetened cocoa powder
- Optional: If you're making this as your breakfast, add 1 or 2 Tbsp of protein such as almond butter or hulled hemp seeds

Toss all of the ingredients into a blender. If you've got a high speed blender like a Vitamix, blending will take around 30 seconds. Other blenders work just fine, but will take a couple of minutes longer. Makes 1 large breakfast-sized smoothie or two small smoothies.

NOTES:

- You can use fresh greens -- such as broccoli, kale, or spinach -- instead of frozen broccoli, but those will make the smoothie less sweet.
- You can also substitute the pear for a green apple, but that'll make for a tarter drink.
- If you use cocoa powder in place of cacao nibs, your "green" smoothie will turn the color of a chocolate milkshake.
- Can't find coconut water but want some added sweetness? Substitute a little of your favorite sweetener, such as a teaspoon of honey.