

# Green Machine Shake Recipe

Serves 2

## ***Ingredients:***

1 cup spinach  
1 cup kale  
½ cup fresh parsley  
10 mint leaves  
1 green apple, cored and roughly chopped  
1 cup green grapes  
½ cup plain low-fat Greek yogurt  
1 cup almond milk  
1 tbsp flax powder  
Agave to taste  
Salt to taste

## ***Directions:***

Put all ingredients into a blender and process until smooth.  
Add water to adjust to desired consistency.