



Columbia Grain™

CULTIVATING GROWTH™

# RECIPE

## Green Monster Smoothie

Beat the heat this summer with a refreshing smoothie, brimming with seasonal fruits and veggies. Creamy pea milk and lentils deliver plenty of protein and additional nutrients.







### INGREDIENTS

- ½ cup avocado
- 1 tsp fresh ginger
- ½ cup frozen chopped Granny Smith apples
- 1 frozen banana
- ½ cup cooked green lentils
- 1 cup frozen blueberries
- ½ cup spinach
- 1 cup pea milk, Ripple
- 1 tsp cinnamon

### INSTRUCTIONS

1. In a blender combine lentils, ginger, spinach and cinnamon, blend until smooth.
2. Add frozen fruit and avocado, begin to blend, adding Ripple slowly until mixture is smooth and well blended.

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