

Matcha Smoothie Latte

Ingredients

- 1 cup frozen pineapple
- 1/2 organic banana
- 1/2 organic apple skin on
- Thumb size piece of ginger, peeled and chopped
- 1 cup packed parsley leaves, celery leaves & baby spinach
- 1 cup unsweetened almond milk
- 1 cup ice cubes
- 1 Tbsp ground flax seed
- 1 Tbsp matcha powder(green tea powder)
- 1Tbsp Bob's Red Mill unmodified potato starch

Instructions

1. Starting with the ginger, apple & pineapple load your blender with all ingredients. Put the ice and greens in last. Blend until smooth, adding a little water to make the consistency to your liking.

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