

Green Dinner Balance Smoothie – Day 1 of 7

Looking for a healthier dinner option? This Green Dinner Balance Smoothie is refreshing, creamy, and surprisingly filling. Packed with fresh ingredients, fibre, healthy fats, and nutrients, it's a simple way to enjoy a lighter evening meal.

Ingredients

- 1 cup fresh spinach
- ½ cucumber, chopped
- 1 green apple, chopped
- ¼ avocado
- 2 tablespoons Philadelphia cream cheese
- 1 tablespoon chia seeds
- 1 cup coconut water
- Handful of ice

Method

- 1 Add all ingredients to a blender.
- 2 Blend until smooth and creamy.
- 3 Pour into a large glass and enjoy.

Ingredient Benefits

Spinach: Provides vitamins, minerals, and antioxidants.

Cucumber: Adds hydration and freshness.

Green Apple: Contributes fibre and natural sweetness.

Avocado: Provides healthy fats and a creamy texture.

Philadelphia Cream Cheese: Adds richness and flavour.

Chia Seeds: Add fibre and omega-3 fats.

Coconut Water: Helps keep the smoothie light and refreshing.

Fresh, creamy, and surprisingly satisfying.