

## GREEN APPLE PECAN SMOOTHIE

RECIPE COURTOSEY OF: THE AMERICAN PECAN COUNCIL



### Ingredients

- 1/2 cup pecan milk
- 1 large green apple
- 1 tablespoon maple syrup
- 3 cups fresh spinach
- 10 ice cubes
- 1 tablespoon fresh squeezed lemon juice

### Instructions

1. Core the apple and cut it into chunks, leaving the skin on.
2. Place the first six ingredients in a blender and blend. Add the lemon juice and blend for a few seconds again. Taste, and add a touch more maple syrup or lemon juice as desired. Serve immediately or refrigerate for up to 1 day. Makes 2 cups, large smoothie or 2 smalls.

