

Gençlik ?ksiri Ye?il Smoothie

Energizing Turkish green smoothie with spinach, cucumber, apple juice, and lemon. Perfect detox drink ready in 5 minutes. Healthy and refreshing!

5 min

HAZIRLIK

5 min

TOPLAM

1

PORSIYON

Easy

ZORLUK

Gençlik ?ksiri Ye?il Smoothie

Malzemeler

- 8 tbsp spinach
- 2 cup apple juice
- 0.5 cucumber
- 1 banana
- 0.5 lemon
- 1 tsp fresh root ginger
- 2 ice
- 8 tbsp chard

Yapılı???

- Prepare the ingredients**

Wash 2 cups of baby spinach thoroughly and pat completely dry with paper towels. Peel 1 banana and cut into chunks. Cut 0.5 cucumber into 1-inch pieces. If using fresh ginger, peel and roughly chop 1 teaspoon worth.
- Add liquids to blender**

Pour 8 tablespoons of apple juice into your blender first, creating a liquid base that will help the blades move smoothly.
- Add soft ingredients**

Add the banana chunks and 1 teaspoon of fresh ginger (if using) to the blender. These soft ingredients will blend more easily when added before the leafy greens.
- Add remaining produce**

Add the cucumber pieces and all 2 cups of baby spinach to the blender. Gently pack the spinach down with clean hands to fit it all in.
- Blend until smooth**

Blend on high speed for 60-90 seconds until the mixture is completely smooth and vibrant green with no visible pieces of vegetables or fruit remaining.
- Blend with ice**

Add 8 tablespoons of ice cubes and blend for another 15-20 seconds to chill and achieve desired consistency. Pour immediately into a tall glass and serve right away for best flavor and nutritional value.

?puçlar?

Use frozen banana chunks instead of fresh banana and ice to create a thicker, creamier texture without diluting the flavor.

Start with less liquid than called for and gradually add more to reach your preferred consistency - you can always thin it out, but it's harder to thicken.

Add the spinach gradually while blending to ensure it breaks down completely and doesn't leave any leafy chunks in your smoothie.

If the smoothie tastes too "green" or earthy, add a bit more lemon juice or a small piece of fresh ginger to brighten the flavor profile.

Wash and prep your ingredients the night before, storing them in the refrigerator so you can quickly blend your smoothie in the morning.

For a protein boost, add a tablespoon of almond butter, hemp seeds, or your favorite protein powder to make it more filling and satisfying.

If you don't have fresh ginger, you can substitute with 1/4 teaspoon of ground ginger, but fresh provides better flavor and digestive benefits.

Drink your smoothie through a straw to minimize contact with teeth if you're concerned about acidity from the lemon affecting tooth enamel.