

Youth Potion Green Smoothie

Energizing Youth Potion Green Smoothie with spinach, apple juice, and banana. Ready in 5 minutes! Vegan, gluten-free detox smoothie recipe.

5 min

PREP

5 min

TOTAL

1

SERVINGS

Easy

DIFFICULTY

Ingredients

- 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

Instructions

- 1 Prepare the ingredients**

Wash 8 tablespoons of baby spinach thoroughly under cold running water and drain well. Peel 0.5 cucumber and 1 banana, then cut the cucumber into 1-inch chunks and slice the banana into rounds.
- 2 Blend the smoothie**

Add the prepared spinach, 2 cups apple juice, cucumber chunks, 0.5 banana slices, and 1 teaspoon fresh lemon juice to a high-speed blender.
- 3** Add 2 ice cubes and 8 tablespoons of any additional liquid if needed for consistency.
- 4** Blend on high speed for 60-90 seconds until completely smooth and no green flecks of spinach are visible.
- 5** Taste and adjust lemon juice if needed for brightness.
- 6** Pour into a tall glass and serve immediately while cold.

Tips

Use frozen banana instead of fresh for a thicker, creamier texture that eliminates the need for ice while maintaining the smoothie's nutritional density.

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

Add the spinach first to the blender, followed by liquids, then fruits to ensure the greens are completely broken down and well incorporated.

If the smoothie tastes too earthy from the spinach, add an extra squeeze of lemon juice or a small piece of fresh ginger to brighten the flavor.

Pre-freeze portions of spinach in ice cube trays with a little water - this makes it easy to add greens to any smoothie while keeping it cold.

Drink your smoothie immediately after blending to get the maximum nutritional benefit, as nutrients can degrade when exposed to air and light.

Clean your blender immediately after use by blending warm water with a drop of dish soap, then rinse thoroughly - this prevents staining and makes cleanup effortless.

Experiment with different apple juice varieties like Granny Smith for tartness or Honeycrisp for extra sweetness to find your perfect flavor balance.