

Mark's Kitchen

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Dr. Hyman's Green Breakfast Smoothie

Ready in: 5 minutes

Serves: 1

This is probably the healthiest smoothie in the whole world. After giving up sugar for long periods of time, I find that I don't need to have sweet shakes in the morning. Instead, I crave nutrient dense foods that fill me up and keep me going for hours. This smoothie, from my new book [*Eat Fat, Get Thin*](#), is the best way to start your morning. Add a few berries if you'd like it to be sweeter.

Also, we are doing a giveaway this week! Share this recipe on your Facebook page and hashtag #EatFatGetThin for your chance to win a copy of my new book!

Ingredients:

- 1 lemon, quartered (washed and unpeeled)
- 1 whole avocado, peeled and pitted
- 2 stalks celery
- 2 cups spinach
- ½ bunch parsley
- ½ bunch cilantro
- 1 organic cucumber (washed and unpeeled)
- 1 teaspoon organic extra-virgin olive oil
- pinch of sea salt
- water

Step 1: Place all ingredients in a blender

Step 2: Blend together until smooth, adding water, as needed for desired consistency.

Nutritional analysis per serving (1 smoothie): calories 420, fat 30 g, saturated fat 5 g, cholesterol 0 mg, fiber 23 g, protein 12 g, carbohydrate 36 g, sodium 180 mg