

# GREEN APPLE ENERGY SOUP

Makes 1 serving covering your protein, fat, veggies, and fruit.



## INGREDIENTS

1 small granny smith apple, cored and cut into 4 pieces  
juice of 1/2 lemon  
2 c. fresh spring mix or spinach  
1/4 avocado, peeled and removed  
1 c. fresh mint leaves  
2 c. water  
3 oz. shredded chicken, cooked  
salt to taste

## DIRECTIONS

In a blender, add apple, lemon juice, greens, avocado, mint, and water. Blend until smooth adding more water as needed for desired consistency. Add shredded chicken and salt to taste.