

# Green Smoothie Recipes

## **Parsley Passion Smoothie**

*Sergei Boutenko*

1 bunch fresh parsley  
1 cucumber, peeled  
1 Fuji apple  
1 ripe banana  
1–2 cups water

Yields 2 quarts

- See more at: <http://www.rawfamily.com/recipes#sthash.qKIUPdH6.dpuf>