



# ANGRY NINJA BACHELOR PARTY



Recipe makes one 14oz green smoothie      Approximately 100 calories *with a heated kick....*

What is in this thing?

Ninja's don't measure – approximate stuff is

**Mini Cucumber** – ½ to full cucumber

**Jalapeno Pepper** – 1 pepper (seeds optional)

**Habanero Pepper** – 1 pepper (seeds optional)

**Kale** – 1 stalk or as much as you can handle...

**Celery** – ½ to full stalk (leafy tops are best)

**Pineapple** – ½ cup of chunks

*optional fruit substitute = 3oz Apple Sauce*

**Spicy Bloody Mary Mix** – 2-3oz (or Spicy Hot V8)

**Sea Salt** – dash or teaspoon (whatever)

**Lime Juice** – dash or teaspoon (optional)

**Crushed Ice** – about 1 cup (or what fits..)

Optional:

**Chia Seeds, Hemp Protein Powder, etc.**

Anything healthy... Mix it up and kick some

How to make it....      *Basically just chop it up and drink it*

1. Place vegetables onto a **Small Flexible Cutting Mat**
2. Chop vegetables using **Coated Santoku Knife** into medium size pieces and then use **Food Chopper** to chop into small pieces (ensure small enough to get through your straw).
3. Roll the flexible cutting mat and transfer to a blender cup. I use the BELLA Personal Size Rocket Blender (because its cheap, easy to clean, and works)
4. Add the Pineapple (or apple sauce)
5. Add all of the other ingredients... Put ice in last.
6. Blend for about 30 seconds

**Drink it and be healthy**

*So hot it might kick your --- Drink Responsibly*

*This Ninja has attitude...*

