

Kale – Banana, Blueberry & Pineapple Smoothie

Makes 4 servings, 1 cup per serving

Ingredients

1 large ripe banana, peeled, sliced

2-4 large kale leaves, thick stems removed, and leaves torn up

1/2 cup blueberries, fresh or frozen

3/4 cup pineapple, fresh or canned

1 cup water

5 ice cubes

Preparation

1. Blend all ingredients in a blender. Turn your blender to a high speed setting for approximately 1 & 1/2 minutes. Ensure all ingredients chopped small enough for your blender to handle.

2. If smoothie is too thick, thin out with a couple of ice cubes or a few tablespoons of water.

3. Serve immediately. Smoothie can be refrigerated in a closed container in the refrigerator for up to 3 days.

Nutrition facts per serving:

Calories 68, Total Fat 0.4g, Total Cholesterol 0mg, Total Protein, 1.7g, Total Carbohydrate 17g, Dietary Fiber 2.3g, Sodium 17mg, 104% DRV Vitamin A, 97% DRV Vitamin C

Kale-Apple & Banana Smoothie

Makes 4 servings; 1 cup per serving

INGREDIENTS

1/2lbs kale leaves, thick stems removed, and leaves torn up
1 banana, sliced
1 green apple (or apple of choice), cored and sliced and diced
1/4-inch piece of fresh ginger root, minced (or 1 Tbsp grated)
Small handful fresh parsley leaves
1 cup apple sauce or 1/2 cup frozen apple juice concentrate
Ice cubes or extra water, to thin out smoothie, if needed

PREPARATION

1. Blend all ingredients in a blender. Ensure all ingredients chopped small enough for your blender to handle.
2. If smoothie is too thick, thin out with a couple of ice cubes or a few tablespoons of water.
3. Serve immediately. Smoothie can be refrigerated in a closed container in the refrigerator for up to 3 days.

Nutrition facts per serving:

Calories 93, Total Fat 1g, Total Protein, 2.4g, Total Carbohydrate 22g, Dietary Fiber 3.4g, Sodium 27mg, 182% DRV Vitamin A, 130% DRV Vitamin C.