

Kale Fruit Smoothie

INGREDIENTS

½ lb Kale, thick stems removed, and leaves torn up

1 banana, sliced

1 green apple (or apple of choice), cored and sliced and diced

¼-inch piece of fresh ginger root, minced (or 1 Tbsp grated)

Small handful fresh parsley leaves

1 cup apple sauce or ½ 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.

Makes 4 servings

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.