

Making it delicious

Fruity Green Smoothie



Ingredients (serves 2)

- 2 cups kale or spinach, packed
- 1 banana, peeled
- 1 apple, core and seeds removed*
- 1-2 cups water and/or milk

Optional:

- 1 Tbsp. Chia seeds
- 1/2 cup yogurt

*Or use 1 cup of cut fruit or berries (fresh or frozen) or a different whole fruit, such as pear or peach.



Instructions

- Add the kale or spinach to the blender first. If using kale, first tear the leaves off of the thick stem, and discard the stem.
- Peel the banana and add it to the blender.
- Cut the edible part of the apple away from the core, and add it to the blender, discarding the core (you do not need to chop the apple - the blender will take care of that!).
- Add a cup of water and/or milk, and blend on high until the greens are fully liquified and no more individual pieces are visible. Add more water or milk as needed to get the desired consistency.

SERVINGS: 2 | PREP TIME: 5 MIN