

VERY GREEN SMOOTHIE

WITH KALE, APPLE & SPINACH

Spinach, kale and apples blended into a smoothie

Portion: 12 fl oz Yields: 1



CALORIES (kcal): 142

PROTEIN (g): 3.5

CARBOHYDRATE (g): 34.7

TOTAL FAT (g): 0.9

SODIUM (mg): 49.9

SAT FAT (g): 0.2

DIETARY FIBER (g): 6

INGREDIENTS:

¾ cup	Spinach, Fresh
¾ cup	Kale, Fresh, Tough stems removed, Chopped
1 cup	Fresh Apples, Unpeeled, Chopped
½ cup	Banana, Fresh, Sliced
1 Tbsp	Ginger Root, Fresh
¼ cup	Parsley Bunch, Fresh
1 tsp	Lemon Juice, Fresh
½ cup	Water
½ cup	Ice Cubes

METHOD:

Place all ingredients in a blender and purée until very smooth. Serve immediately.

CHEF'S NOTES:

Play around with different vegetables and fruits.