



GREEN SMOOTHIE

For your daily dose of dark leafy greens, try this delicious green smoothie! Add in some ground flaxseed for added omega-3s.

Recipe

INGREDIENTS

- 2 ripe medium bananas
- 1 ripe pear or apple, peeled if desired, chopped
- 2 cups chopped kale leaves, tough stems removed
- 1/2 cup cold orange juice
- 1/2 cup cold water
- 12 ice cubes
- 1 tablespoon ground flaxseed

DIRECTIONS

Place bananas, pear (or apple), kale, orange juice, ice cubes and flaxseed in a blender. Pulse a few times, then puree until smooth. Scrape down the sides as necessary.

TIPS

Choose organic kale when possible. Non-organic kale can have high pesticide residue.

Look for ground flaxseeds (or flax meal) in the natural-foods section of supermarkets or in natural-foods stores. Store in the refrigerator or freezer.

Nutritional Facts: Serving Size: About 1 3/4 cups Per Serving; 213 calories; 2.5 g total fat; 0.3 g saturated fat; 16 mg sodium. 763 mg potassium; 49.5 g carbohydrates; 7.6 g fiber; 29 g sugar; 3.5 g protein; 1820 IU vitamin a iu; 64 mg vitamin c; 75 mcg folate; 61 mg calcium; 1 mg iron; 70 mg magnesium; Exchanges: 2 1/2 fruit, 1 vegetable