Idiot's Kitchen Recipe – Kalicious Smoothie

Recipe from www.idiotskitchen.com - Adapted from Whole Foods

Ingredients:

1 ripe banana
1 cup kale (tough stems removed, roughly chopped)
1 cup baby spinach
½ lemon, peel & seeds removed
1 cup apple juice (not from concentrate - Simply Apple recommended)
¾ ice cubes
(Optional dollop of plain or vanilla yogurt)

Peel 1 ripe banana, break it into small pieces, and place it in a blender. Add 1 cup of kale and 1 cup of baby spinach. (I buy kale & spinach blend in a bag.)

Peel ½ of a lemon, remove any seeds, and add it to the blender. Pour in 1 cup of good (not from concentrate) apple juice and ¾ cup of ice.

Blend until very smooth and bright green.

You also have the option of adding 1-2 Tablespoons of plain or vanilla yogurt for a creamier smoothie. If protein powder is your thing, toss some of that in as well.

Makes 1 large smoothie. Drink up!