

MOT more of this  
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LOT less of that

## Kale Smoothie

Healthy and nutrient dense

**Serves: 2**

**Total time: <20 minutes**

### Ingredients

- 2 cups of kale leaves, thick stem removed, massaged for tenderness
- 1 ½ cups unsweetened Almond Milk (I recommend Califia Farms as it is carrageenan free; carrageenan has been linked to digestive problems)
- 1/2 cup frozen pineapple or mango
- 1 tablespoon almond or cashew butter
- Ice as desired

### Directions

Blend well.

- Experiment with other fruits and other greens like spinach. Melon or grapes or berries all work well as a fruit of choice.
- Berries will change the color of the smoothie to a maybe not so appealing brownish color. Just be aware! If you find that the greens are bitter, add a tablespoon of citrus juice to decrease the bitterness.

**Mary-Beth says:** *"Smoothies are an easy way to get more leafy greens each day. Try one for breakfast as a nutrient dense, satisfying start to a healthy-er day!"*