

Smoothie Recipe

Ingredients

1 cup of kale leaves, thick stem removed
1 ½ cups unsweetened Almond Milk (I recommend Califia Farms as it is carrageenan free; carrageenan has been linked to digestive problems)
½ cup full fat coconut milk (I use Native Forest Simple, unsweetened)
1 cup frozen organic raspberries
1 tablespoon almond or cashew butter
Ice as desired

Instructions

Blend well.

Experiment with other fruits and other greens. You can use a combination of kale, chard, dandelions, etc. Melon, grapes, and peaches all work well as a fruit of choice. Coconut milk contains healthy fats and is good for brain health, among other things. Even if you do not like coconut, like me, you will not taste the coconut in this blend.

You may find that the greens overpower the fruit; if this is the case, consider using grapes, melons or other sweet fruit. 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!”