

Smoothie

You will need:

1 cup packed kale
1 banana
1 avocado
1 tsp lemon juice or to taste
Yogurt, ½ cup (optional)
Honey, 1 tablespoon (optional)
Water (as needed)
Ice (as needed)

Variations: strawberries, blueberries, raspberries.

Steps:

1. Place all ingredients into your blender and process until smooth.
2. You can adjust the ingredients to your taste. Add ingredients you like or remove those you don't like. **Use your sense of taste and your imagination!**
3. Enjoy! Smoothies are best enjoyed as soon as possible, but can be stored for a day in the refrigerator if needed.