

Super Green Smoothie

Swick

Serves 2 | Active Time: 5 minutes | Total Time: 5 minutes

Chef's Notes

We know that you might be thinking, "Kale smoothie...what the heck?!" But trust us, it's so deliciously sweet you may find yourself craving it on a daily basis.

Step 1: Making the Smoothie

- 4 or 5 kale leaves
- 1/3 cucumber (approx. 1 cup)
- 1 to 2 apples (1 cup)
- 2 dates (or other sweetener)
- 1 1/2 cups ice cubes
- 3 cups liquid (water, coconut water or non-dairy milk of choice)

Kale is the main power in this smoothie. Any of the other ingredients can be substituted with celery, spinach, pears, bananas and kiwi, for example. In fact, you can even add an avocado, if you like, or fresh ginger and nuts (cashew nuts work particularly well).

First, prepare your blender. Assemble your ingredients and wash the vegetables.

To make the smoothie, place everything into the high-speed blender and blend for a couple of minutes or until smooth and creamy. Taste and adjust your flavors and re-blend if desired. Serve immediately.

If desired, a scoop or two of protein powder can be added for extra bulk.