

Green Smoothie

Feel free to experiment with your preferred ratios and with other ingredients such as peanut butter, yogurt or soymilk, ginger, berries, or other greens like spinach. This is the recipe that was used for the Farm Fresh Food Day tasting in Dexter Schools during October 2013. Using as many local ingredients as possible for the smoothie will improve its flavor and nutrition.

Ingredients:

4 apples, cored
2-3 cups kale, de-stemmed
3 bananas, frozen and peeled
1/2 - 1 cucumber (peeled or unpeeled)
ice or water



Directions:

Using a Vitamix blender, place softer items and liquids in the blender first then the fruits and vegetables, then ice on top. Blend until smooth using the pulse setting, if needed. Taste and add more of any ingredient needed in order to obtain desired flavor and texture. Makes enough for 3-5 people to have a full glass of smoothie as a meal or snack.

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