

# KALE SMOOTHIE



## INGREDIENTS

- 1** Orange (peeled)
- 2** Kiwi (peeled)
- 1** Pear (green) (peeled & cored)
- 2 C** Kale (with ribs & stems removed) (washed & patted dry)
- 6 oz** Yogurt (lime is the best but any flavor will be good)

## INSTRUCTIONS

Add all ingredients to processor & blend until blended & smooth

## NOTES

- 1** You can change the fruit - there are so many possibilities
- 2** If you want the smoothie to be colder then use at least one fruit that is frozen