

ORANGE AND GREEN SMOOTHIE



INGREDIENTS: 1 SERVING

1 navel orange, peeled and cut into quarters
1 overripe frozen banana
2 cups (loosely packed) chopped kale (tough stems removed)
1 cup baby spinach leaves
1/2 cup ice
1/2 cup cold water

INSTRUCTIONS

1. Peel the banana and add it to the blender, vitamix or nutrabullet. Add the orange, kale and spinach. Pour the ice and water over the fruits and vegetables. Secure the lid tightly on the blender and start at a low speed, working your way higher and higher until the mixture has been processed completely and is the consistency of a smoothie. Serve.