



Iced Kiwi Kaleade

This iced kiwi kale-ade is not only refreshing, but it will help calm your allergy symptoms. It has loads of vitamin C and antioxidants, which can help the immune system. Quercetin from the parsley is nature's antihistamine, so don't leave this one out. Bonus? Kiwis are lower-sugar fruits, so this is a sweet spring treat we can get behind.

Ingredients

1 cup shredded/de-stemmed organic kale

6 ounces purified or distilled water

2 tablespoons organic parsley

2 kiwis

½ lemon (use the entire ½ lemon – cut up)

a handful of ice

Method

Blend together and pour into your favorite glass!