

Fruity Green Smoothie



The fruit is a rich source of soluble fiber, vitamins and antioxidants. The greens offer powerful phytochemicals. Ginger is a potent anti-inflammatory and lemon offers vitamin C and bioflavonoids

- 1 fuji or gala apple cored and cut into chunks
- 1 ripe bartlett or bosc pear cored and cut into chunks
- 1 cup water
- juice of one whole lemon
- 1 inch piece ginger peeled and sliced
- 2 to 3 kale leaves rinsed and torn
- 1 cup rinsed baby spinach leaves
- stevia to sweeten

1. Place apple chunks, pear chunks, water, lemon juice and ginger into blender and blend until smooth and creamy.
2. Add kale and spinach and blend again until very smooth. Add more water for a thinner smoothie.
3. Smoothie is better cold so you may add a few ice cubes when finished blending

For variation you may substitute lime for lemon and use most any kind of greens. Cilantro, mint, parsley, are tasty additions.