

GREEN SMOOTHIE

SMOOTHIES LEAN GREEN MACHINE SMOOTHIE

4 leaves Collard Greens

4 leaves Purple kale

2 Leaves Rainbow Chard 1 pear, cored and cut into pieces Small piece of fresh ginger

1 Banana

1 cup frozen blueberries

2 cups water plus

1/2 cup ice Combine all ingredients in food processor and blend until smooth.

Pour into chilled highball glasses.

Yields 2 servings.

