

## 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.*

