

Kale Smoothie

From RealSimple website

Serves 1

Ingredients:

3/4 cup chopped kale, ribs and thick stems removed
1 small stalk celery, chopped
1/2 banana
1/2 cup apple juice
1/2 cup ice
1 Tablespoon fresh lemon juice

Directions:

Place all ingredients in a blender.

Blend until smooth and frothy.

Nutritional info:

*Calories 139; Fat 1g; Sat Fat 0g; Cholesterol 0mg; Protein 3g; Carbohydrate 35g;
Sugar 21g; Fiber 3g; Iron 1mg; Calcium 79mg*

