

PAPA'S KALE SMOOTHIE

6+ Kale leaves, chopped

½ - 1 Avocado

Avocados contain: Vitamin K, Vitamin C, Potassium, Folate, Dietary Fiber, B6 and Copper!

½ -1 Banana

Bananas not only help your smoothie have a deliciously creamy texture, but they contain only 109 calories per medium ripe banana. They are also rich in: Vitamin C, Vitamin B6, Potassium, Dietary Fiber and Manganese

1 Whole lemon (juice)

Lemons are such a fantastic source of vitamin C. They also help absorb the iron found in other foods, like kale!

Water to desired thickness: Add crushed ice if you wish

Blend it up for a tasty and nutrient dense treat!