

## *It's Easy Being Green Smoothie*

### *Ingredients:*

*16 ounces fresh squeezed OJ (or 3-4 fresh oranges)*

*2 bunches of Curly Kale (approximately 16 ounces)*

*2 frozen, ripe bananas*

*1-2 cups frozen mango*

*mint leaves to taste (optional)*

### *Preparation:*

*In high speed blender, blend OJ (or oranges) with Kale. until smooth. Add frozen fruit until completely blended and thick. For a creamsicle taste use half OJ and half unsweetened almond milk.*

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