

Multi-Greens Smoothie

Makes 2 servings

1 cup kale, collards, or Swiss chard, packed tight (large stems removed)

½ cup loosely packed parsley leaves

1 medium apple, cored

1 medium pear, cored

1 tablespoon lemon or lime juice

1 cup green tea, cold or room temp

½ cup water

¾ cup ice

Directions

1. Put all ingredients in a high powered blender, and start on low speed, gradually working up to high speed for 1 minute.

Tips: This is best if served fresh, but it may be stored in the refrigerator to drink later in the day, if desired. Try to use a variety of different greens each time the Multi-Greens Smoothie is prepared. If controlling carbohydrates more tightly, cut fruit portions in half

Nutrition (per serving):

Calories: 115

Fat (g): 1

Sat. Fat (g): 0

Cholesterol (mg): 0

Sodium (mg): 26

Carbohydrates (g): 28

Fiber (g): 5

Protein (g): 2