

## BONITA'S KALE SMOOTHIE

I use the Ninja IQ and store my liquid kale concoction in glass drink containers with plastic lids that found at Williams Sonoma. I also don't really measure my ingredients, so you'll just have to look at the blender containers and stop the juices when you get to the max liquid level. Once you have the kale pulled off the stem and torn and placed in the blender, you can add whatever fits. Following is an approximation, and you will be able to add by looking at your blender container. Please forgive the lack of "amounts", but playing around with this drink can be fun! You will come up with all kinds of different combinations once you start doing this! Just keep tasting!

- KALE, de-stemmed and torn
- 1 apple, cored, cut up but not peeled
- strawberries, de-stemmed----about 7
- 1 small carrot
- raspberries ---- about 7
- blueberries----a handful
- prunes---about 6 (this is a sweetener and tastes good, too.)
- 1 lime, peeled and de-seeded (...or a lemon)
- flax powder---about 2 T
- beet powder—2 T (...like "Super Beets"...) )
- Juices:
  - MAIN JUICE IS ALOE VERA WILD BERRY from "Fruit of the Earth," which can be purchased at Walgreens or Walmart.
  - Add this first and then fill in with the other juices: Fresh squeezed orange juice (already squeezed at the store), cranberry juice (100% juice type), apple cider
  - You can add whatever juices you like that are naturally sweetened.

ON HOT DAYS, I TAKE A SERVING OF THE CONCOCTION AND ADD A FEW SCOOPS OF ICE AND PUT IT ON "SUPER BLEND" FOR A COLD, REFRESHING, SHERBET THAT I EAT WITH A SPOON! JUST IMAGINE: KALE SHERBET!

P.S. Did I mention that KALE fights osteoporosis and heart disease? Who knew? And, because YOU grew it, there are a lot more nutrients and it's so much fresher!