

Dairy Free Kale Smoothie

from Jahn Hibbs

Healthy snack

Makes one serving

Prep time: 5 minutes

To make a single, 8-oz. smoothie:

INGREDIENTS

¼ cup (2 oz.) mixed berries

¼ cup mashed banana

½ cup kale, washed, chopped & blanched*

¼ cup soy milk

a few ice cubes (optional)

1 Tbsp. apple juice concentrate for sweetness

DIRECTIONS

Combine all ingredients in a blender and puree to desired smoothness. Add additional soy milk if needed to reach desired consistency.

*Blanching kale makes it more mild tasting. To blanch, simply toss clean, chopped kale in a pot of boiling water for 2–3 minutes until tender but still bright green. Rinse for an equal amount of time in cold water to stop the cooking (or you'll get brownish, mushy kale.)