

# Breakfast Smoothie

*From the Kitchen of Peggy Robinson*



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|--|---------------------------|
| 1/4 - 1/2 cup organic frozen blueberries |                           |
| 1/2 cup Soy or Rice Milk                 | 1/2 - frozen banana       |
| 2/3 cup green juice (recipe below)       | 1/2 apple                 |
| 3 frozen organic strawberries            | 2 Tbsp. ground flaxseed   |
| 2-3 leaves raw kale or collard greens    | 1/4 cup grapes (optional) |

Use the highest power blender you have. A VitaMix is best as it gets it really smooth, although I have made it in a personal travel blender and it is fine. It may not be as smooth, but you get all the nutrients!

**Green Juice:** Juice the following:

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|--------------------------------------|-----------------|
| 6 kale or collard green leaves       | 6 celery stalks |
| 1 bunch of parsley or cilantro       | 1 cucumber      |
| 1 (1/2 inch) piece ginger (optional) | 1 lemon, peeled |



I like to make this in a large batch but it will go bad fast and should be used as soon as possible. Freezing it in ice cubes will provide a handy way to use it, as you need it.