

Green Smoothies

(AKA Blended Salads)

A favorite from the kitchen of Delisa Renideo

Greens are the most nutritious foods we can eat, and we need to eat more of them! One delicious way to consume more greens is to blend them up, often with some fruit, and drink them! You can try many different combinations. The recipe below is just one suggestion -- a combination that Charlie and I relish often.

- A fruit, such as an apple, grapes, or peach.
- 2 inch piece of carrot
- 4 inch piece of celery
- 1 stalk of bok choy
- About 4 cups of greens: lettuce, spinach, or a combination of various greens
- 1/4 - 1/2 cooked yam, with skin
- Ice: about 1 cup



Put fruit in blender first and liquify it in the blender. Add a little water if needed. Add carrot, celery, and bok choy and blend. Add greens and blend. Add yam and blend. Add ice. Put in as much as you need for the temperature and consistency you want.

Drink and enjoy the energy boost you will feel from these concentrated nutrients!

This recipe will make about 2 large servings -- about 2 cups each.

[*Back to Recipes*](#)