

Green Goodness Smoothie

By Angela Hywood ND



Ingredients

Banana-Apple-Kale

- 1 small banana
- 1 small apple
- 4 leaves of organic kale, cut up finely
- ½ cup berries (fresh or frozen)
- 1/2-3/4 cup water
- 1 tablespoon chia seeds or flaxseeds

Method

Blend all ingredients in a high-speed blender until smooth and creamy.
Can add ice if desired

Drink daily for cancer fighting benefits.

Choose organic fruits

This smoothie recipe contains over 30% of your daily value of calcium and is a great complement to a healthy breakfast.

Using Kale In Green Smoothies

Kale has a slightly stronger flavor than baby spinach, so if you are not used to green smoothies, you might want to use strongly flavored fruit such as strawberries or pineapple to help mask the flavor. You can also slowly introduce kale into your smoothie recipes and increase the amount to two cups per recipe over time. I enjoy the flavor of kale in my green smoothies. Kale has a firmer texture than spinach as well, so you might need to blend your shake slightly longer if you are not using a high-end Vita-Mix or Blendtec blender.



Properties

- Contains betacarotene, vitamin K, vitamin C, lutein, zeaxanthin (a carotenoid similar to lutein), calcium and fiber.
- Contains Calcium – D – Glucorate –a cancer fighting nutrient
- Contains a sulfur-containing phytonutrient in kale called sulforaphane is believed to have powerful anti-cancer, anti-diabetic and anti-microbial properties and is released when the leaves are chopped or chewed (or blended in a green smoothie!)
- Kale also contains powerful antioxidants that help protect against certain cancers such as ovarian cancer. Kale is an excellent green to use for detox smoothies as it has cleansing properties.