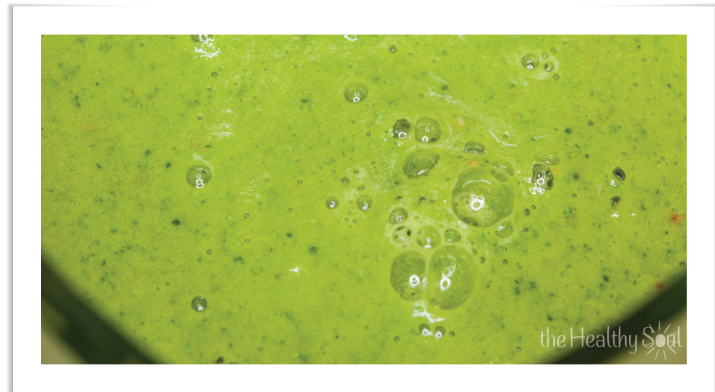


ROCKIN' KALE SMOOTHIE

This has become my signature smoothie. Everyone I know has tried it, loved it, and is now making it on their own. I couldn't be more excited. It is packed with

some great ingredients like kale, almond butter, and Maca (which is a mood balancer and known for increasing energy).

Makes 2 servings



INGREDIENTS

3-5 leaves of Kale

1 tbsp of almond butter

1 frozen banana

1 cup of coconut water

1 tsp of Maca

Ice (optional, I like it because it makes it thicker like a milkshake)

METHOD

Blend all ingredients in blender until smooth.