

# BANANA, STRAWBERRY & KALE SMOOTHIE

Makes two glasses.

By Dennis W. Viau; modified from Internet recipes.

This was the first smoothie I ever tasted. I enjoyed it. Even more, I enjoyed the nutrition. Each glass is filled with fiber, vitamins, and minerals that do your body good. And smoothies are fun and easy to make. You can make them with a standard kitchen blender, but a high-end blender such as a Vitamix will do a better job.

## **Ingredients:**

1 cup (237ml) water  
1 cup chopped kale leaves (stems removed) (about 15g)  
1 tablespoon ground flaxseed\*  
2 ripe bananas, coarsely chopped  
1 cup (165g) sliced strawberries

## **Directions:**

If using a conventional blender, place the water and kale leaves in the blender jar. Blend at high speed until the leaves are well pulverized, less than a minute. Add the remaining ingredients and blend until smooth.

If you have a high-end blender, such as a Vitamix, all ingredients can be placed in the jar and blended for 40 seconds for a very smooth smoothie. For a colder smoothie, the chopped bananas and strawberries can be placed in the freezer for 20 to 30 minutes before blending.

\*I have a coffee grinder that I use exclusively for grinding dried herbs and spices. I ground most of a 13-ounce (368g) bag of whole flaxseed and store it in a jar in the refrigerator. In a high-end blender you can use whole seeds. The blender will break them up.

