

BANANA, AVOCADO & KALE SMOOTHIE

Serves 2.

By Dennis W. Viau; modified from Internet recipes.

This green smoothie benefits from all the nutrients of kale, green tea, avocado, and flax (or chia) seeds. Because of the caffeine in green tea, this would be a good smoothie to drink in the morning rather than in the evening.

Ingredients:

- 1 cup (15g) kale leaves
- 1½ cups (355ml) cold green tea (or water)
- 2 ripe medium bananas
- 1 small to medium avocado
- 1 tablespoon flax seed (or chia seed)

Directions:

If using a conventional blender, combine the kale and tea (or water) in the blender first and blend at high speed to break down the kale. Then add the remaining ingredients and blend until smooth.

If using a high-end bender, such as a Vitamix, combine all the ingredients in the blender jar and blend until smooth. For a colder smoothie, the banana and avocado pieces can be placed in the freezer for 20 to 30 minutes before blending.

