

## Drink-your-greens Daily Smoothie

This is a version of my daily smoothie. Not many days go by when I don't drink a big green smoothie. I like to add herbs, as well as some citrus like lemons or grapefruit, to balance out the flavours. You can leave out the apple if you don't feel you need any sweetness.

Drinking a big glass of green vegetables in the morning might not sound appealing at first, but it really can be life-changing and addictive! All that wonderful fibre and abundance of micro-nutrients contributes to a healthy system and gives you the energy and vitality that sometimes feels a little elusive in our busy lives.

3-4 large kale leaves

edible weeds eg chickweed, dandelion

2cm piece turmeric

2cm piece ginger

$\frac{1}{4}$  cup parsley, roughly chopped,  
stalks and all

few sprigs mint

$\frac{1}{2}$  fennel bulb

$\frac{1}{2}$  lemon, peeled and whole

1 small apple, quartered

1 cup filtered water

$\frac{1}{2}$  - 1 cup ice



Strip kale leaves from their stems and add to blender along with all the other ingredients. Blend for around 30-45 seconds or until completely smooth – this smoothie tastes a lot more delicious when smooth and a little cold.

You could add a little extra water while blending if your smoothie is too thick.

Makes 2 cups.

## Creamy Tropical Green Smoothie

This is a delicious, sweet, creamy, green smoothie that I make for Pepper, or when I feel like something sweet and tropical. It's something that most kids will love and a great place to start if you're curious about trying a green smoothie but my Drink-your-greens Daily Smoothie is looking a little too green just now.

2 kale leaves

1 banana, frozen

½ pineapple, peeled, cut off core and frozen

a handful of mint

1 cup coconut milk

(see previous recipe for coconut recipe)

½ lemon, peeled and whole



Strip kale leaves from their stems and add to blender along with all the other ingredients. Blend for around 30-45 seconds or until completely smooth.

Note:

Ideally use frozen fruit in your smoothies to add more body and texture. It also affects the flavour. If you don't have frozen fruit, you could add a cup of ice to this one too.

Makes 2 cups.