
Green Morning Smoothie

From a Vitamix cooking class, 2013

Internet address:



Servings: 4

Notes: If desired you can add protein powder to this to make a complete breakfast.

1. In blender container add ingredients in order shown. Attach lid and hold it, then gently increase blender speed, stopping at least once to push greens down into the liquid. Continue to puree until the mixture is smooth. Taste for sweetness (add more fruit) or honey. (I prefer to use a little less water as I don't like it watery - use just enough to get the mixture to blend completely.)
2. Pour into glasses and serve. Will keep for 24 hours in the refrigerator - reblend before serving as it will separate some.

Per Serving (excluding unknown items): 63 Calories; trace Fat (5.8% calories from fat); 2g Protein; 15g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 37mg Sodium. Exchanges: 1 Vegetable; 0 Fat; 1/2 Other Carbohydrates.

PLACE IN BLENDER CONTAINER IN ORDER:

2 cups ice

3 cups kale, or spinach or watercress (discard kale ribs)

1 cup parsley

1 cup fruit, your choice: mango, pineapple (or berries)

2 cups water

2 tablespoons honey, or sweetener

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>