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# Green Morning Smoothie with Apple & Ginger

From a Vitamix cooking class, 2013

Internet address:



*A sweeter smoothie with apple and apple juice.  
It's the ginger that tastes good - just a little  
bit of heat.*

ADD TO BLENDER CONTAINER IN ORDER:

1 1/2 cups ice

2 1/2 cups kale (ribs removed & discarded)  
coarsely chopped

1 cup fresh parsley

1 small Granny Smith apple

1 1/2 cups water

One small knob of fresh ginger

1 cup apple juice

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

## Servings: 4

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

1. Add ingredients to blender as shown, in order. Turn on blender (low) and gradually increase speed until the mixture is smooth, stopping once or twice to push kale down into the liquid. Continue to blend until it's very, very smooth.
2. Taste for flavor - more fruit? more kale? more ginger? Pour into glasses and serve. This will keep for 24 hours in the refrigerator - reblend and serve.

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Per Serving (excluding unknown items): 71 Calories; 1g Fat (5.8% calories from fat); 2g Protein; 16g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 34mg Sodium. Exchanges: 1 Vegetable; 1/2 Fruit; 0 Fat.