

Recipe – Sweet Green Smoothie

Ingredients:

- 8 large leaves of kale
- 2 cup spinachs
- handful of nuts (we used soaked almonds)
- ½ clup flax seed
- 2 large plums
- 5 bananas (we froze it first)
- 2 cups coconut milk (we used unsweetened, from a carton, not the thick canned kind)
- 1 inch piece of ginger, coarsely chopped
- 1 apple
- 2 tsp Agave
- 6 dried figs or 3 dates
- juice of one lime
- 5 - 6 drops of stevia if it needs more sweet

Directions:

Combine the ingredients in a high powered blender. Use more coconut milk or water to achieve desired thickness. (We left it thick and ate it like pudding with a spoon.)

Serves about 10 .