

# Green Power Smoothie



Eat your greens and love them too with this simple smoothie! Its color gives it a major wow factor, while its ingredients provide many important vitamins and minerals. You can make it in any blender, but it works best using the high-speed kind. If your blender can handle ice, you can use unfrozen bananas.

SERVINGS: 2

PREP TIME: 10

COOK TIME: 5 MIN

## INGREDIENTS

- 1 large orange, peeled
- 2 ripe bananas, frozen
- 1 kale leaf, stem removed  
OR a handful of spinach
- ½ cup ice (if using unfrozen bananas)

## DIRECTIONS

1. Blend the orange in a blender until it is mostly juice.
2. Add the kale or other greens and blend again until pureed.
3. Add the bananas. Blend until smooth. Add ice if needed.

### Freezing bananas

It's best to freeze bananas overnight if you can. Cut each banana into about 4 pieces and place them all in a ziplock bag. If you only have a hour or two, cut into smaller pieces and spread them out into a single layer in a gallon size bag or on a cookie sheet with parchment paper.

## NOTES