

Sweet Green Drink

This drink is smooth, clean and fruity.

Categories

Gluten-free

Yields: 2 servings

Preparation time: 15 mins

Cooking time: 0 mins

Category: Smoothies

Complexity: Moderate

Vegan experience: Absolute beginner

Preparation style: Raw

Ingredients

Almond milk, home made	1 cup
Kale, raw	0.5 cup
Fresh attitude, baby spinach	60 gramd
Pear, fresh	0.25 cup
Lettuce, romaine or cos	1 outer (large) leaf
Dates (medjool)	2 dated, pitted
Banana, fresh	1 medium - 7" to 7 7/8" long

Instructions

Prep

1. This recipe calls for almond milk, it can either be homemade or store bought, however homemade will make this smoothie completely raw
2. This recipe calls for chopped trimmed kale, use only the leafy green parts
3. This recipe calls for chopped pear
4. This recipe calls for chopped pitted dates

Directions

1. In a blender, combine almond milk, kale, spinach, pear, lettuce, dates and banana
2. Blend at high speed until smooth. Serve immediately.

Variations

1. Substitute chard, arugula or collard greens for the kale, and red leaf lettuce or baby bok choy for the romaine lettuce