

## Green Smoothie

PREP TIME: **10 MINUTES**

TOTAL TIME: **10 MINUTES**

delicious and healthy

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### Ingredients

- 2** ripe medium bananas
  - 1** apple or pear, chopped
  - 2** c. chopped kale leaves, tough stems removed
  - 1/2** c. cold orange juice
  - 1/2** c. cold water
  - 12** ice cubes
  - 1** TBSP. ground flaxseed
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### Directions

Place all ingredients into blender. Pulse a few times, then puree until smooth, scraping down the sides as necessary.

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Downloaded from **Key Ingredient**.

Direct recipe link: <https://www.keyingredient.com/recipes/165186031/green-smoothie/>