

BILL'S SUPER GREEN SMOOTHIE

Green smoothies are high in fibre, protein, calcium, and many other essential minerals. They are a great way to start the day!

The following recipe (serving two large glasses) is to be taken as a guide, as many variations can be used depending upon seasons and produce availability. For example, a handful of fresh or frozen berries always serve as a wonderful enhancement!

- 6 Large Kale Leaves
- 1 Bunch Parsley
- 2 Sticks Celery
- 2 Large Apples
- 2 Frozen Bananas
- 6 Dried Prunes
- 1 Cup Coconut Water
- 1 Citrus Fruit (optional)
- 1 Cucumber (optional)
- 1/2 Avocado (optional)

There are two basic methods when it comes to putting your smoothie together. You can simply blend all the above ingredients together for a thick, high-fibre smoothie. Or alternatively - as we choose to do at home - you can juice all the greens and apples first, and then add the juice to the blender with the bananas, prunes and coconut water.

Citrus fruits (and even pineapple) add a lovely punch to your smoothie in the summer time. Make sure to add half the peel of your citrus fruit to the blender if organic, as it is highly beneficial for cognitive function. You might also choose to add a protein powder of your choice to the mix!