

# Green Smoothie

[http://www.eatingwell.com/recipes/green\\_smoothie.html](http://www.eatingwell.com/recipes/green_smoothie.html)

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Get your daily dose of dark leafy greens any time of day with this delicious green smoothie. Ground flaxseed adds omega-3s. Pour any extra into a freezer-pop mold and have it later as a frozen green smoothie pop.

**2 servings, about 1 3/4 cups each | Active Time:** 10 minutes | **Total Time:** 10 minutes

## Ingredients

- 2 ripe medium bananas
- 1 ripe pear or apple, peeled if desired, chopped
- 2 cups chopped kale leaves, tough stems removed (see Notes)
- 1/2 cup cold orange juice
- 1/2 cup cold water
- 12 ice cubes
- 1 tablespoon ground flaxseed (see Notes)



## PREPARATION

1. Place bananas, pear (or apple), kale, orange juice, water, ice cubes and flaxseed in a blender. Pulse a few times, then puree until smooth, scraping down the sides as necessary.

## TIPS & NOTES

- **Notes:** Choose organic kale when possible. Nonorganic can have high pesticide residue.
- Look for ground flaxseeds (or flaxmeal) in the natural [foods](#) section of large supermarkets or in natural-foods stores. Store in the refrigerator or freezer.

## NUTRITION

**Per serving:** 240 calories; 3 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 55 g carbohydrates; 0 g added sugars; 5 g protein; 8 g fiber; 38 mg sodium; 987 mg potassium.

**Nutrition Bonus:** Vitamin A (210% daily value), Vitamin C (208% dv), Potassium (28% dv), Magnesium (21% dv), Folate (18% dv).

**Carbohydrate Servings:** 3

**Exchanges:** 2 1/2 fruit, 1 vegetable