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Day Starter Smoothie

By Eric Adams

Ingredients

- ½ cup pineapple, diced
- 1 peach, seeded
- 1 mango, seeded
- 1 cup strawberries, frozen
- 2 large kale leaves, chopped
- tablespoon your favorite grain or seed (flax, almond, oats)

Instructions

1. Place all ingredients in blender and process until smooth. If processed slowly, you should not have to add any liquid.
2. Frozen fruit makes it creamier.

Bonus Tips

VARIATION:

1. 1 banana
2. 1 cup pineapple
3. 1 cup mango
4. 1 avocado
5. ½ – 1 cup shredded kale
6. 1 piece ginger
7. 1 cup coconut milk

You can also make up your own smoothie bags and freeze until ready to use.