



Julie Scott Nutrition

Energize your life!

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Julie's Favorite Kale Smoothie Recipes

Here are two delicious Kale smoothie recipes. Put all the ingredients in a Vitamix or other high quality blender and mix until smooth. You can substitute spinach or another leafy green for the kale. Switching between different leafy green vegetables is good for your health. Enjoy one or both of these smoothies!

If you need a blender you can order a Vitamix and get free shipping when you order through my website at: <http://juliescottonutrition.com/our-products/>

Berry Kale Smoothie with Almond Milk

- 1 cup frozen strawberries (Or any other frozen berries. Berries should be organic to optimize nutrient content and avoid pesticides).
- ½ cup organic fresh blueberries
- 2-4 kale leaves (no stalks, they make the smoothie bitter)
- 1 cup almond milk or any non-dairy milk of your choice or water
- 1 tablespoon smooth almond butter (optional)
- 3-5 pitted dates (for added sweetness)

Optional Ingredients:

- 1 tablespoon ground flax seeds for fiber and Omega 3 essential fatty acid nutrients.
- 1 small red beet (this adds a nice red color to the drink and valuable nutrients. Beets are particularly good for promoting healthy elimination).

Berry Kale Smoothie with Orange Juice

- 1 cup frozen berries – your choice, preferably organic.
- ½ cup frozen pineapple
- 4 or more kale leaves (no stalks)
- 1 cup orange juice
- 5 pitted dates (for added sweetness)
- 1 small beet (optional)