

Green Slime Smoothie

INGREDIENTS:

- 1 ½ cups fresh kale
- 1 cup frozen peaches
- 1 small/medium green apple (with skin, cored, cut into chunks)
- 1 banana
- R.W. Knudsen Just Pear juice (start with ½ cup and add more until you reach desired consistency)

PREPARATION:

Put the apple chunks in the blender, followed by the rest of the ingredients and mix well.

NOTES FROM THE COOK: