

## Tom's Fruity Medicine Chest Smoothie

### INGREDIENTS:

- 2 apples, cored and cut into chunks
- 2 ripe pears, cored and cut into chunks
- 1 to 2 cups water or coconut water
- 1 tablespoon coconut oil
- 2 lemons, juiced
- 1 to 2 inch piece fresh ginger, peeled and sliced
- 5 kale leaves, rinsed and torn
- 5 romaine lettuce leaves, spinach leaves or collard greens, rinsed
- 1 cup coarsely chopped green cabbage (optional)

### PREPARATION:

Place the apple chunks, pear chunks, water, coconut oil and lemon juice into a blender fitted with a sharp blade or a Vita-Mix and blend until smooth and creamy. Add the ginger, kale, romaine lettuce and green cabbage and blend again until very smooth. Add more water for a thinner smoothie. You can taste it now and if it is too "lettucy" for you then add another pear and blend again.

#### Optional additions:

kiwi fruit, fresh parsley or mint, flax seeds, soaked Gogi berries, bee pollen

<http://www.wholelifenutrition.net/id6.html>

### NOTES FROM THE COOK: