

Power Green

Since I am always adjusting and readjusting my recipes, this one has been slightly adapted from my book. A morning ritual in our home, this powerful green drink not only nourishes but also awakens the senses and jump starts your metabolism!

INGREDIENTS

1 1/2 cups plain rice milk, or other milk (dairy or non-dairy)
1 cup kale leaves, loosely packed (or a large handful)
1/2 cup flat leaf parsley, loosely packed (or a small handful)
2-4" piece cucumber, if waxed, peel
1/2 cup pineapple, frozen
1 small apple, skin on
1/2 avocado
1 teaspoon fresh ginger root, skin on
1 ounce lime juice, about 1 lime

STEP 1

Combine all ingredients in a blender and purée until smooth

SERVES

2 people

TIME

🕒 5m

SHOPPING LIST

1 container plain rice milk, or other milk (dairy or non-dairy)
1 bunch kale
1 bunch flat leaf parsley
1 seedless cucumber
1 pineapple, diced and frozen (or 1 bag frozen pineapple)
1 small apple
1 avocado
1" piece fresh ginger root, skin on
1 lime

EQUIPMENT

Blender
Mason jars with lids

STORAGE

Store in fridge in a mason jar or other container for 24-48 hours