



FARMERS MARKET

37685 South Gratiot – Clinton Township, MI 48036 – 586.469.2525

Green Smoothie Energy Shake –

1 ½ cups fresh orange juice

1 banana, peeled, cut into 2-inch pieces

½ cup (packed) coarsely chopped kale leaves, center stalk and stem removed

½ kiwi, peeled

2 pitted Medjool dates, coarsely chopped

1. Combine all ingredients in a blender and puree until smooth, stopping and scraping down sides of blender as needed. Divide between two 12-ounce glasses and serve.

Tip: Freeze the banana for a colder, thicker beverage.

Credit: Bon Appetit