



# Recipes

## Beverages

### **Kale and Pear Smoothie**

*Prep and Cook Time: 10 minutes*

*Yield: 4 servings*

#### **Ingredients:**

- 1 cup green grapes
- 1 orange, peeled
- 1/2 Bartlett pear
- 1 banana, fresh or frozen, peeled
- 1 cup kale
- 2 cups ice cubes

#### **Directions:**

1. Place all ingredients into your blender in the order listed and secure the lid.
2. Blend on low speed as you add each ingredient.
3. Then increase the speed to medium-high and blend for 1-1½ minutes or until desired consistency is reached.