

Rainbow Fruit & Veggie Smoothie

Ingredients:

- 1 cup kale
- 1 cup apple juice
- 1 cup vanilla yogurt (add at the end if there are any dairy allergies)
- 1 cup frozen berries
- 1 banana (preferably frozen, fresh works too)
- 1 whole carrot, top cut off and cut into chunks
- 1 apple, cored and cut into chunks
- Optional: ice



Directions:

- Add ingredients into blender and put lid on blender.
- Blend for 2-3 minutes until smooth, adding ice if desired.
- Best enjoyed immediately!