

GREEN SMOOTHIES

Contributed by Nancy Riedesel & Sheri Yohe (The Chefettes)

Makes about 6 cups of fibery juice

Ingredients:

- 2 c. Water
- ½ Blender full of greens – Spinach, Romaine, 1 stalk Kale, Parsley, etc., whatever you have and like.
- 1 Mango
- 1 Frozen Banana
- ½ c. Fresh Pineapple, with skin
- 1 Kiwi, with skin
- 1-2 Tbsp. Omega 3 sprinkles, optional ([click here for this recipe](#))

Directions:

Blend all ingredients in blender till smooth and creamy.

If desired, add ¼ c. Chia Seeds for extra texture and Omega 3 oils.

Chill and serve.

Storage;

Processed vegetables and fruit will not store well.

The nutrients break down quickly after processing and the chia/omega sprinkles will tend to swell and thicken your smoothie as it sets.

Always drink a smoothie as soon as possible.

According to Victoria Boutenko this can be stored in the refrigerator for up to 24 hours in an airtight container without much loss of nutrients.

www.thechefettes.com