

Green Smoothie Recipes

Beet Blueberry Kale Smoothie

Recipe type: smoothie

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Prep time: 10 mins

Cook time: 5 mins

Total time: 15 mins

Serves: 1-2

If you like beets, you're going to LOVE this kale smoothie recipe.

Ingredients

- 1 Tbsp. fresh ginger
- 1 medium-sized, raw beet
- ½ cup apple juice
- 1 banana
- 1 Tbsp. coconut oil
- 1 cup frozen blueberries
- 1 leaf kale

Instructions

1. Peel ginger
2. Peel beet
3. Add ginger and beet to blender and blend a little longer than you think necessary. The key here is to blend the beet smooth before you add the other ingredients.
4. Peel banana
5. De-stem kale
6. Add all ingredients to the blender, blend and serve!