

Green Smoothie

Ingredients:

2 ripe medium bananas
1 ripe pear or apple, peeled if desired, chopped
2 cups chopped kale leaves, tough stems removed
1/2 cup cold orange juice
1/2 cup cold water
12 ice cubes
1 tablespoon ground flaxseed

Place all ingredients in blender pulse a few times then blend till smooth, scraping down the sides as necessary