

BERRY BUZZ: SMOOTHIE 4

Makes about 1 1/4 cups

YOU NEED

A handful of kale • 1/2 romaine lettuce • 10 strawberries, hulled
1 kiwi fruit, peeled • 1 lime, peeled

Add all of the ingredients to the blender with 2/3 cup of filtered water. Blend until smooth, then pour into a sieve set over a bowl. Help the juice through by pressing gently with a rubber spatula or wooden spoon.

A rich source of vitamin C and fiber, this also helps lower cholesterol.

Strengthening Brain Boosting Vitamin Enhancing

Reprinted with permission from [Super Smoothies](#), by Fern Green. Copyright 2016 by Hachette Livre (Marabout).

Published in the United States by Ten Speed Press, an imprint of Penguin Random House LLC.

