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## 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*



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