

## Strawberry and Kale Smoothie

(contributed recipe from Maria Schaller, Life from Scratch)

**Makes:** 4 servings

2 cups fresh strawberries, stems removed

10 ounces frozen mango cubes

4 cups kale, tough stems removed and leaves roughly chopped

3 sprigs mint, stems removed

1 cup water

Optional additions: ¼ cup ground flax seed, ¼ cup hemp seeds

Place all ingredients in a high-powered blender or food processor. Pulse a few times to combine. Blend on high for 1-2 minutes or until greens are thoroughly processed and the mixture has a smooth consistency. Pour into a glass and enjoy cold!