

Berry Parsley & Kale Smoothie



Servings: 1

Ingredients

- ½ cup (packed) flat-leaf parsley (leaves and stems)
- 4 kale leaves (center ribs removed)
- 1 cup frozen strawberries
- 1 banana (cut into 1" pieces)
- 1 tsp. ground flaxseed

Method

Purée ingredients with 1 cup water in a blender until smooth (add water if too thick).

Calories 100; Fat 1g; Sodium 20 mg.

