

Alfrea Wellness

Amazing Cherry, Banana, Kale Smoothie: Nutrition never tasted sooo good.

Ingredients:

About 6 ounces of frozen cherries lightly thawed to point where they are starting to be juicy

1 fresh ripe banana

1.5 cups of Kale (Remove large thick stems) or Baby Kale (wash well)

1 cup orange juice

1.5 cups of ice

½ cup uncooked oatmeal

Add water to desired thickness roughly ½ to 1 cup

Optional 4 ounces strawberries

Mix all ingredients in the blender until desired smoothness, approximate 1 minute. This will satisfy your sweet tooth and you don't have to feel guilty.

This recipe is easily adjusted. You can add additional fruit you can remove the oatmeal. Experiment and consider serving it as a desert, from breakfast or as a meal replacement. It's loaded with nutrients and is sweet without any added sugar.