

Katie's Kickass Smoothies

Here are a few of Katie Vitale's favorite smoothie combinations:

For One Pitcher:

Ingredients

2 Qt. Berries
2-3 Cucumbers
1 Handful of Mint

Or

3 Avocados
3 Mangos
1 Pineapple
3 Cups Baby Kale

Or

4-6 Oranges Peeled
3 Large Beets
 $\frac{1}{2}$ Pint Strawberries
1 Small Knob Ginger

Can also add Lemon Juice and a Handful of Spinach

Coconut Water for all combinations

Put all ingredients in blender and then pour in coconut water. Blend until smooth.

The "Superfood" Chia Can be added, too, if you want additional fiber, omega-3 fats, protein, vitamins and minerals.

TIM'S GREEN DRINK

INGREDIENTS

1 LARGE KNOB GINGER
2 HANDFULS KALE-RINSED
1 STALK CELERY
½ LEMON
5 STRAWBERRIES
1 PEAR

INSTRUCTIONS

PUT ALL INGREDIENTS IN BLENDER OR VITAMIX

FILL BLENDER OR VITAMIX TO THE TOP WITH ICE, ABOUT 1 CUP

FILL WITH WATER

BLEND OR PULSE THE LIQUIFY SETTING ON YOUR VITAMIX TWO TIMES