

## Recipe – Beginner Smoothie

### Ingredients:

- 1 avocado
- 1 lime, peeled and seeded
- 1 apple, in quarters
- ½ banana, frozen ahead if you remember to do it
- 1 handful raw almonds
- 2 – 4 TBS coconut milk
- 1 egg yolk if you have organic eggs
  
- 2 - 4 leaves kale or available greens
- ¼ - 1/3 bunch cilantro

### Directions:

Process the first list of ingredients until smooth and creamy. It will be like pudding, not a shake. Add water if you want to drink it.

Pour off half of it.

Put the greens into the processor or VitaMix with a little water. Process that with the remaining fruit smoothie.

### Comment:

You could process them all together, but some people have a hard time getting started on smoothies because they don't find the greens palatable. By dividing the smoothie, you can drink the green one first and have the more pudding like one for "dessert". As your taste buds adjust, you are likely to develop a taste for more green.