

## Apple Kale Smoothie

2 servings

4 Tb ground flax seed

2 handfuls of organic kale

3 small organic apple, cored and cut in chunks, peeled if not organic

1 tsp cinnamon

1 1/2 scoop vanilla protein powder (Tera's Whey or Sun Warrior)

Dash of organic turmeric (optional)

1/2-1 cup filtered water

Blend all ingredients. Start with 1/2 cup water add more to desired consistency.

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