

Smoothies, Blended Salads and Juices

Awesome Kale Juice

Elijah Lynn



Serves: 2

Preparation Time: 10 -20 minutes

Ingredients:

.5 pound Kale

1 Apple

3 Limes

Instructions:

Juice, chill and serve!

Per Serving:

CALORIES 134; PROTEIN 5g; CARBOHYDRATES 35g; TOTAL FAT 1.1g; SATURATED FAT 0.2g; SODIUM 52mg; FIBER 7.3g; BETA-CAROTENE 10517ug; VITAMIN C 170mg; CALCIUM 192mg; IRON 2.6mg; FOLATE 44ug; MAGNESIUM 49mg; ZINC 0.6mg; SELENIUM 1.4ug