

Jill's Joyful Kitchen



Blueberry-Kale Heavenly Smoothie

2-3 kale leaves, stemmed
¾ cup frozen blueberries
½ banana, frozen
¾ cup hemp or soy milk
1 tablespoon agave nectar or 1 medjool date, pitted (optional for sweetness)
1 tablespoon flaxseeds
¼ cup crushed ice

Place all ingredients in a blender and blend until smooth.

Joyful News:

- ❖ One cup of fresh blueberries has only 84 calories
- ❖ Blueberries have one of the highest levels of anthocyanin antioxidants of all fruits
- ❖ Research shows that blueberry consumption can improve memory
- ❖ Packed with vitamin C, A, and manganese