Ingredients

Total Per Blender

* Kale
* Bananas
* Apple juice
* 14 c. frozen blueberries
* 1 ½ c. kale
* 2 bananas
* ½ cup apple juice
* 2 c. frozen blueberries

Procedure

1. First, wash and de-stem the kale
2. Next, add the apple juice.
3. Blend until smooth.
4. Then, add the remaining ingredients (listed under “per blender” at the top right-hand side).
5. Blend thoroughly.
6. Repeat procedure until the ingredients are gone.
7. Pour smoothie into cups and serve.