Ingredients

Total Ingredients: Per Blender:

* 9 c. of spinach
* 3 c. of cilantro
* 12 c. water
* 18 bananas
* 6 limes
* 1 ½ c. spinach
* ½ c. cilantro
* 2 c. water
* 3 bananas
* 1 lime
* 6 inches of ginger
* 1 inch of ginger

Procedure

1. First, cut the kale and remove all sharp stems.
2. Measure out just enough ingredients for one blender (ingredients listed on the right-hand side, above).
3. Add all ingredients to a blender.
4. Blend until smooth.
5. Repeat until total ingredients (listed on the left-hand side) are gone.
6. Serve.