

## Green Apple & Kale Smoothie




### Ingredients:



- 1 cup fresh kale leaves, chopped (stems removed)
- 1 apple, peeled and sliced
- 1 banana
- 1 kiwi, peeled
- 1 ½ cups fresh orange juice
- Ice cubes (optional)

### Instructions:

1. Place all ingredients into a blender.
2. Blend until smooth and creamy.
3. Adjust consistency with more orange juice if needed.
4. Serve immediately, chilled.

### Benefits:

-  Kale → Rich in vitamins A, C, and K, supports detox and bone health.
-  Apple → Fiber for digestion and natural sweetness.
-  Banana → Provides potassium and energy.

-  Kiwi → Vitamin C boost for immunity and skin health.
-  Orange juice → Refreshing, hydrating, packed with antioxidants.