TROPICAL KALE SMOOTHIE

MAKES 2 SERVINGS

INGREDIENTS:

2 CUPS	LIGHTLY PACKED KALE WASHED & STEMS REMOVED
2 CUPS	MANGO CHUNKS FROZEN
3 CUPS	PINEAPPLE CHUNKS FROZEN
1/2 CUP	UNSWEETENED APPLESAUCE
2 CUPS	APPLE JUICE

DIRECTIONS:

1. Place all ingredients in a blender, blend until smooth.
2. Pour in chilled glasses with a straw and enjoy!

Maschio's Food Services, Inc.