



Sparkle Kitchen

Superhero Smoothies

(makes 2 12-ounce smoothies)

Ingredients

½ large cucumber, peeled and diced

1 cup frozen kale

1 5.3-ounce container Greek yogurt

milk (between ½ and 1 cup depending on desired smoothie thickness)

1 cup frozen pineapple

juice from ½ lemon

a nub of fresh ginger the size of your thumb, peeled and minced

Directions

Add the cucumber, kale, about half the yogurt, and a splash of milk to a tall container. Blend together with an immersion blender until the kale and cucumber are mostly broken up.

Add the pineapple, a few pieces at a time, continuing to blend between each addition. Add the rest of the yogurt and a few more splashes of milk, as necessary, to get the mixture to smoothie consistency.

Last, add the lemon juice and ginger, and blend all of the ingredients together for at least two more minutes. Be sure and move the immersion blender up and down to make sure all of the different layers are incorporated.

Pour into a frosty glass, pop in a thick straw, and enjoy!