



FITTER FORT COLLINS YOUR HEALTH MATTERS



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Kale / Cherry Smoothie (Vegan / Gluten Free)

1 green apple

1 red apple

1 tsp. ginger

4 cups kale

1 cup frozen cherries

1 serving green powder (spirulina, wheatgrass, kelp or Amazing Grass Green Superfood powder)

1+ cups water or aloe vera juice

Blend all ingredients to desired consistency.
Add ice if preferred.

