

## **Kale-Arugula Mixed Fruit Smoothie**

1 bunch young kale leaves (filled the container)  
1 handful of arugula  
1 nectarine  
1 bartlett pear  
1 granny smith apple  
1 chunk pineapple  
2 cups water  
vitamin C powder

## **Minty Spinach Loganberry Smoothie**

2 bunches spinach  
1 handful of mint leaves  
1 cup logan berries  
1 peach  
2 pineapple rings (with core)  
2 cups water

### *Adaptation:*

Added ½ organic lemon with peel, 1 gala apple (seeds, core, skin and all); plus ½ tbsp chia seeds.

## **Apple-Kale-Lemon**

3-4 apples (can substitute some with pineapple)  
½ lemon (juice only)  
3 leaves of kale or bunch of spinach  
3 leaves romaine  
1 bunch of spinach  
2 cups water

## A Channel Morning Show with Cheryl & Jeremy – Sept. 4/07

Thanks to Cheryl & Jeremy for being so brave to sample these:

### Sample 1: Kale-Arugula Mixed Fruit Smoothie

40% greens and 60% fruit and water.

### Sample 2:

Minty Spinach Loganberry Smoothie (part 1 of this recipe)

### Sample 3:

Minty Spinach Loganberry (part 2) with added: 1/3 lemon, 1 gala apple and ½ tbsp. chia seeds.

### Sample 4 – made live on the show

Kale or Spinach; romaine leaves  
Apples; ½ lemon juice only; pineapple.

Put leaves in the blender with 2 cups water.  
Add apples, lemon juice and pineapple.

### Taste Test at Green Smoothie Yourself!

- Friday, September 7<sup>th</sup>, 3–5 p.m. at SunRipe Market on Adelaide
- Wednesday, September 12<sup>th</sup>, 6:30 – 8:30 p.m. at 36 Westbury Ave. in London (near Southdale & Wonderland).
- Saturday, September 29<sup>th</sup>, 2 – 4 p.m. at 622 St. James St. in London (near Oxford & Adelaide)
- Sunday, September 30<sup>th</sup>, 1 – 3 p.m. at Indigo Pines Yoga Centre, 43294 Sparta Line, St. Thomas, N5P 3S8

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