

Recipe: Iced Kale Refresher

Gluten Free, Dairy Free, Nut Free, Vegan

PREP TIME



Iced Kale Refresher

Beverage

5
minutes

INGREDIENTS

1 1/4 cups water, plus more as desired
 3-inch section of cucumber, sliced
 1/2 apple, sliced and deseeded
 juice of one small-medium lemon
 10-15 leaves mint
 handful (10-12 leaves) baby kale,
 spinach, or greens of choice
 1 tablespoon honey
 4 cubes ice, cracked

DIRECTIONS

Add water, cucumber, apple slices, mint, greens, and sweetener of choice into blender. Blend on high until completely smooth.

Strain through fine mesh strainer, nut milk bag, or no strainer at all (if you don't mind a heft of pulp), and drink immediately, or chill in refrigerator for up to 24 hours. You can play with this recipe and up the mint, citrus, or greens as you like!

COOK TIME

0
minutes

YIELD

1-2
servings

NUTRITION REPORT CARD (amount per serving)



VARIATIONS

Vegan: replace the honey with maple syrup

NOTES

Recipe adapted from Kale and Caramel