

# GINGER-KALE SMOOTHIES



## INGREDIENTS

- 1-1/4 cups orange juice
  - 1 teaspoon lemon juice
  - 2 cups torn fresh kale
  - 1 medium apple, peeled and coarsely chopped
  - 1 tablespoon minced fresh gingerroot
  - 4 ice cubes
  - 1/8 teaspoon ground cinnamon
  - 1/8 teaspoon ground turmeric or 1/4-inch piece fresh turmeric, peeled and finely chopped
  - Dash cayenne pepper
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## DIRECTIONS

- 1. Place all ingredients in a blender; cover and process until blended. Serve immediately.
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