

Healing Cranberry Cleanser

*from simplegreensmoothies.com

Cranberries are an antioxidant powerhouse. Get your dose of vitamin C and fiber in this healing smoothie! *Serves 2*

Ingredients

- 2 cups kale
- 1 cup water
- 1 cup cranberries
- 2 oranges, peeled
- 2 bananas



Directions

1. Blend kale and water until smooth.
2. Add the remaining ingredients and blend again.

*Use at least one frozen fruit to make the green smoothie cold.

TIP: Keep as much of the orange pith (the white part) on to add nutritional benefits. Because of the cranberries, your smoothie may turn out more "purple-ish."