



GREEN SMOOTHIES

One of my favorite ways to use the great gift of too many greens is to use them in smoothies. You can make your smoothie green in color by making greens—salad or cooking—the star of the show, and fill in with fruit: banana, apple, fruit juice, and yogurt. Or you can make berries the star, but throw in a handful of greens because you have them. This week I made a smoothie with strawberries, a banana, yogurt, and a large handful of greens. It made enough for 2 breakfasts or snacks, which keep well in the fridge. You may add some honey to sweeten, or not, depending on your taste.