

Green Kale Julius

**Created by Chef Lilikoi for your healthy breakfast drink in 2012!
Hau`oli Makahiki Hou (Happy New Year 2012)!**

[Organic or Local Fruits where possible]

Juice these who in your juicer:

Citrus: about 1-2 Cups of Tangerines, Oranges, or Tangelos
(peeled and seeded as much as possible)

1-2 Apples (we use Fuji or Green Granny)

Add in and use a Hand Blender:

1 Cup (Frozen Kale, spine removed and pounded into flakes)

1-2 Frozen Bananas

* This is an excellent breakfast. Serve it in a wine glass and your husband will

drink it! No dairy and no ice needed!

* Feel free to add anything else you have in abundance: pears, kiwi, mangoes are excellent, star fruit, lilikoi
... just about any fruit is fine to taste. If you are off island and have local cantalopes and honeydew, that works!
Don't have frozen bananas, no problem, just add strawberries or blueberries but the banana is key.