

Morning Green Drink

1/2 pear
4-5 green grapes
1/4 banana
1/2 cup kale
1/2 - 1 cup water
1 cup ice cubes
Stevia or Raw Honey to taste

Place all ingredients in a blender on High. Enjoy immediately. You can vary the ingredients (adding more or less of each fruit or kale) to suit your taste.