

BRAD'S GREEN SMOOTHIE

Servings: 2 meals or 3-4 snacks

3 cups water

2 bananas, peeled

1 pear, coarsely chopped

1 apple, coarsely chopped.

1 (1 inch) piece peeled ginger

3 stalks kale, coarsely chopped

Place all the ingredients in a blender in the order listed and blend until desired consistency. Add more water to thin if necessary.