



Green Lemonade

Servings: 2

Preparation Time: 5 minutes

Ingredients:

- 1 orange, peeled
- 2 lemons, juiced
- 2-3 dates, pitted
- 1 apple, peeled and cored
- 1 small piece fresh ginger, peeled
- 2-4 leaves kale, steamed until bright green
- 1 cup ice cubes

Procedure:

1. Blend all ingredients in high-powered blender.

Additional comments/tips from Chef Laura Pole:

- Use frozen kale for two reasons. First this drink needs to be cold. Next, frozen kale is already prepared so you don't have to wash and prep your kale. It has also been steamed a little bit and it is better for you greens, like kale and broccoli, cooked at least a little bit, rather than eating it raw all the time.
- Dates will add sweetness, fiber, iron and other minerals. Ginger is very good if you have an upset stomach or if you know you're going to get a treatment that could cause nausea. If you take the ginger before you have the treatment it has a better chance of doing a good job.

Adapted by Laura Pole. Original source unknown.

Per Serving: CALORIES 122; PROTEIN 2g; CARBOHYDRATES 31g; TOTAL FAT 0.6g; SATURATED FAT 0.1g; SODIUM 21mg; FIBER 4g; BETA-CAROTENE 3345ug; VITAMIN C 106mg; CALCIUM 91mg; IRON 0.9mg; FOLATE 45ug; MAGNESIUM 31mg; ZINC 0.3mg; SELENIUM 0.6ug

Printed with permission by BCAN



BCAN Co-Founder Diane Zipursky Quale enjoys a glass of green lemonade