



Who says You Can't Have Vegetables for Breakfast?

Maria Lizotte RN CDE Found this wonderful book chock full of recipes for healthy eating

Green for Life *by Victoria Boutenko*

Green Delicious: (Maria's Favorite)

blend:

5 leaves purple kale
1/2 avocado
3 cloves garlic
juice of 1 lime
2 cups water
1 tsp salt
2 roma tomatoes

yields: 1 quart smoothie.

Blender: I just chopped everything up & used the garlic press (same as I would make a salad!) & blended in my kitchen blender.

Sergei's Favorite:

5 green kale leaves (green is more bitter, purple is less bitter but I like both)
1/2 bunch fresh dill
1 lime juice
3 cloves garlic (pressed)
1 tomato
2 cups water
1 tsp salt

Victoria's Favorite:

6 leaves red leaf lettuce
1/4 bunch fresh basil
1 lime (juice only)
1/2 red onion
2 celery sticks
1/2 avocado
1 tsp salt
2 cups water

I didn't have celery, so made it without & it still turned out okay.

Green Thai:

2 1/2 cups spinach
1/2 bunch cilantro
1 clove garlic
1/2 red bell pepper
juice 1 lime
1 tsp stevia or 1 green leaf stevia
3 roma tomatoes
2 cups water
salt to taste