

# Breakfast Smoothie

## INGREDIENTS

- ~ 8 medium strawberries, other berries or stone fruit, washed
- ~ 1 small banana
- ~ 20 almonds
- ~ ¾ cup grain milk, coconut milk, or yogurt
- ~ 1 washed kale leaf, chopped (or other green)
- ~ 3 Tablespoons leftover cooked brown rice, oatmeal, or other grain
- ~ 1 Tablespoon ground flaxseed
- ~ ½ cup apple juice or substitute
- ~ ½ cup ice
- ~ Pinch of salt unless using cooked grain (there will be salt in the grain)

## DIRECTIONS

- 1 Put in the blender and blend until smooth. Makes 2 servings

### **Options**

Substitute with dried fruit or frozen fruit.

## NOTES

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Nourishing Minnesota: The What, Why, and How of Food

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