**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.

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**NOTES**

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