Parsley, Kale and Berry Smoothie

2 SERVINGS

Ingredients:
• 1/2 cup (packed) flat-leaf parsley (leaves and stems)
• 4 kale leaves (center ribs removed)
• 1 cup frozen organic berries (such as strawberries or raspberries)
• 1 banana (cut into pieces)
• 1 teaspoon ground flaxseed

What to do:

Purée ingredients with 1 cup water in a blender until smooth (add water if too thick).

Recipe from Anja Mast, Kitchen Coach—GR