

# Meals from Your Market



## 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*