



The Grinch's Smoothie

Yield: 2 servings

Ingredients:

- 2 cups rice milk
- 1 handful kale and/or spinach
- $\frac{1}{2}$ cup cilantro or mint
- 1 banana, fresh or frozen
- 1 apple, quartered
- 4 dates
- 1 stalk of celery, chopped into 2" pieces
- 1 tbsp flax seed
- Ice

Directions:

1. Add all ingredients to a blender and blend until smooth.