



# GREEN SMOOTHIE

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SA Composters

serves 4

## INGREDIENTS

- 1 pear
- 1 apple
- 1 banana
- 2 leaves of kale or other green-leaf vegetable
- 1 cup water

## EQUIPMENT

- electric blender
- vegetable peeler
- small knife
- chopping board



**always have an adult to help you when using electrical kitchen appliances!!!**

Raw leafy greens contain an amazing amount of nutrition. Blending them up like this to make a smoothie is a really cool way to eat up your greens.

## TIPS

Try peeling and freezing the banana to make your smoothie icy cold and refreshing. Make your first smoothie with about 20% of each ingredient. You can vary the recipe according to your own taste. If you like it a little sweeter add more fruit.

## METHOD

1. Remove skin from banana.
2. For a super smooth smoothie peel the apple and pear.
3. Remove the core and pips from fruit.
4. Wash leafy greens thoroughly in sink of cold water.
5. Lift out and place in colander to drain.
6. Shake off water and place in blender.
7. Add the rest of the fruit to the blender with one cup of water.
8. Blend for approximately one minute until smooth.
9. Add more water if necessary to make to your favourite consistency.
10. Pour into glasses to serve.

## FROM THE MARKET

Apples and Pears — Ashbourne Valley Orchards

Leafy Greens — Salad Greens & Kitchen Herbs, Patlin Gardens, Bickleigh Vale Farm,  
Food Forest, Virgaras Garden

**Breville**