

Clark's Yummy Green Smoothie

- 1 1/2 cups of Orange Juice (or your favorite Juice)
- 1 lime squeezed
- 1 banana
- 1 Kiwi, leave skin on, cut out the ends
- 1 scoop of your favorite protein powder (optional)
- 1 generous handful of fresh spinach
- 1 leaf of kale
- 7-9 small carrots
- 2-3 scoops of vanilla yogurt (Mountain High brand)
- 3/4 -1 cup of frozen fruit

I like strawberries, peach, mango and pineapple frozen fruit. Blend all of the above fruit together till smooth and enjoy a healthy breakfast! Makes about 2-3 servings, unless you don't want to share it like me. HAHA