

Honey, peach and kale smoothie

Recipe created by: Angelica Pozzoli, Dietetic Intern

INGREDIENTS

- 2 medium ripe yellow peach, pitted and chopped
- 6 large leaves of kale
- 1 lime half for squeezing
- 2 Tbsp honey
- 1 cup of milk of your choice
- 1 cup water
- 1 cup ice

DIRECTIONS

1. Take 6 large kale leaves and remove the stem part from the center of the leaves. Tear into pieces and toss into the blender.
2. Squeeze in the juice from the lime wedge and combine peach chunks, honey, water, milk of your choice, and ice.
3. Blend until combined and smooth.
4. Serve and enjoy.



FUN FACT

Oberon Sinclair, a self-proclaimed kale fanatic, single-handedly started the kale craze in 2013. Before then, Pizza Hut was the largest buyer of kale in the US (using it as a garnish to decorate its salad bars). Sinclair even established the American Kale Association to lend the vegetable more credibility.



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Krazy for kale

NUTRITION FACTS

- Kale is often referred to as a “Super Food” because it contains high percentages of Vitamin A (206% daily value (DV)), Vitamin C (134% DV), Calcium (9% DV), Vitamin K (684% DV) and is high in Potassium – all while being very low in calories (33 calories in one cup).
- It is also a member of the cruciferous vegetable family and these vegetables offer health benefits, including supporting the immune system, regulating blood pressure and potentially reducing the risk of various types of cancer.

Types of (edible) kale:

- **Curly kale** is one of the most common types of kale. It has deep green and ruffled leaves, a fibrous stalk, and a pungent taste with bitter peppery flavors.
- **Flat-leafed kale**, also known as dinosaur kale, has narrow, wrinkly green-blue leaves, which are attached to a firm stem that should be removed. This kale has a sweeter and more delicate taste.
- **Russian kale** is harder to find. It has flat, fringed leaves ranging in color from green to red to purple. Its flavor is more sweet and peppery.

SHOPPING & PREPARATION TIPS

- How do you pick out the best bunch of kale at the grocery store?
 - The leaves and stalks should be dark green with small- to medium-sized leaves free of any yellowing or browning. Kale leaves should be firm and dry, not wilted and mushy.
- To store kale, wrap it loosely and store in the fridge for up to five days. If kept longer, the leaves tend to toughen.
- Kale can be eaten raw in salads or smoothies, added to soups, stews, stir-fries or can be boiled, steamed or baked.

