

Food Babe's Hari Shake



Prep Time:	Cook Time:	Total Time:	Serves:
15 mins	0 mins	15 mins	2

<https://foodbabe.com/the-hari-shake-a-poem>

Ingredients:

- 4 cups kale, stem removed
- 4 large stalks celery, chopped
- 3 sprigs fresh parsley
- 3 sprigs fresh cilantro
- 1 pear, chopped
- 1 apple
- ½ whole lemon, juiced
- 8 ounces filtered water

Instructions:

1. Wash all vegetables thoroughly and place into a large bowl.
2. Add water and lemon juice into a blender with half of the kale.
3. Blend for 30 seconds until just incorporated.
4. Add remaining kale, herbs and celery and keep blending for another 30 seconds.
5. Next add apple and pear and blend for another 30-60 seconds until well combined (Do not over blend).
6. Pour mixture into 2 glass storage jars.
7. Best served after chilled - especially for your first one!

Notes:

- Sip slowly and drink with intention immediately after or store up to two days.
- Pears and Apples work great because they bind all the ingredients together and make a creamier consistency – but feel free to add a variety of fruits to your liking – but not more than 1 serving of fruit per smoothie
- Please buy all organic ingredients if possible