



**Creative Juices
Consulting**

Luscious Lemon Basil Smoothie

By Kriss Carr

8 oz. unsweetened almond or coconut milk
5 - 6 kale leaves (stalks removed)
½ cup frozen mango
5 - 6 basil leaves
1 slice lemon
Ice

Prep and wash all produce. Place in Vitamix® and blend until smooth. Makes 24-48 oz.