

**Super Surplus Smoothie**  

**Uses left over ingredients from Cozy Lentil Stew and Mushroom Quiche  
   
1 cup kale**

**1 stalk celery, cut into chunks**

**½ cup steamed squash**

**1 carrot, cut into chunks**

**½ tsp mushroom powder (optional)**

**1 ½ cups frozen fruit (mixed berry or mango would be yummy)**

**1 banana (or other fresh fruit on hand)**

**4 oz. unsweetened Greek yogurt**

**1 cup unsweetened almond milk (can add more to reach desired texture)**

**1 TBSP honey**

**Ice**

**Because this is a clear-your-fridge surplus smoothie, play and have fun! Smoothies are a great way to use extra fresh ingredients you already have on hand from recipes prepared for the week. This recipe will make more than one serving. Freeze leftovers in glass containers for up to 3 weeks.**

**The key is a healthier smoothie is to have a 2 to 1 ratio veggie to fruit.**

**For an extra health punch, add a dash of ground cinnamon, ground ginger, ground cayenne pepper, etc…play and have fun creating your Super Surplus Smoothie!**

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