KIWI GREEN SMOOTHIE

Ingredients

2 cups raw fresh spinach
2 cups raw kale
2 ripe kiwis, peeled and quartered
1 cup plain, 2 percent yogurt or plain kefir
¼ cup almonds

¼ cup chia seeds
2 tablespoons honey
4 ice cubes
1 cup cold water, plus more as needed

Directions:

Place the spinach, kale, kiwis, yogurt or kefir, almonds, chia seeds, and honey in a blender along with the ice cubes and cold water. Blend until smooth, adding a few tablespoons more of cold water to adjust the consistency if necessary. Divide evenly between two glasses and serve immediately.

From RebeccaKatz.com