

**Ginger Kale Smoothie**  
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(Photo by Renato Ghio)

I'm not going to lie; drinking a hearty green smoothie in the morning isn't for everyone. It's taken me baby steps to get to the point where I actually look forward to it. The thing is, it is a really healthy way to start the day. It packs a lot of good-for-you nutrients in an easy to make, easy to sip on the run breakfast.

According to the lunar calendar diet, the new moon (which just so happens to be when this newsletter is hitting your inbox) is supposed to be a day of detoxing and consuming only liquids. Let me be clear, I'm not one for fad diets or "how to lose weight fast" plans, but it is interesting to consider the influence of nature's rhythms on our health. Of course, truly any month, any day, is a good time to eat fresh and healthy.

This recipe uses the lunar diet as a jumping off point. It's full of ingredients that are considered cleansing, plus it also has the added bonus of ginger and lemon. Both ingredients are especially known for helping boost your immune system. That is always a good thing during cold and flu season.

One last thing before we get to the recipe. If you aren't on the kale bandwagon, that's totally OK. I, in fact, love the stuff, but if kale doesn't work for you, spinach or Swiss chard are good alternatives.

## Ginger Kale Smoothie Recipe

Serves 2

### Ingredients

- 1 ½ cups coconut water
- Juice of half lemon
- 1 teaspoon fresh grated ginger root
- 1/2 cucumber, roughly chopped
- 1 banana
- 1 medium-sized apple
- 6 kale leaves, de-stemmed, torn into small pieces

### Directions

1. Starting with the coconut water and lemon juice, add all the ingredients into a blender.
2. Blend until smooth.
3. Serve.

If you're not quite ready for this intense a smoothie, feel free to check out my blog where you'll find a few "beginner" green smoothie ideas.

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*Alicia Ghio is a passionate home cook on a mission to inspire people to know where their food comes from, to know what's in it and to savor the flavors of fresh ingredients. She is the founder/writer of the blog Local Food Rocks.*