

Coconut-Gojiberry Smoothie

Serves 3

This green smoothie is loaded with calcium! Both the kale and the oranges, and even the coconut milk, are great sources of calcium. Some store-bought coconut milks are fortified with calcium, making this smoothie one of the best for strong bones and teeth.

Ingredients

- 2 tablespoons goji berries, soaked for 5 minutes
- 1 small banana, peeled
- 1/2 orange, peeled and seeded
- 2 cups fresh curly kale, stems removed
- 8 ounces unsweetened coconut milk



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