

## Katie's Kickass Smoothies

Here are a few of Katie Vitale's favorite smoothie combinations:

For One Pitcher:

### Ingredients

2 Qt. Berries  
2-3 Cucumbers  
1 Handful of Mint

Or

3 Avocados  
3 Mangos  
1 Pineapple  
3 Cups Baby Kale

Or

4-6 Oranges Peeled  
3 Large Beets  
 $\frac{1}{2}$  Pint Strawberries  
1 Small Knob *Ginger*

Can also add Lemon Juice and a Handful of Spinach

Coconut Water for all combinations

Put all ingredients in blender and then pour in coconut water. Blend until smooth.

The "Superfood" Chia Can be added, too, if you want additional fiber, omega-3 fats, protein, vitamins and minerals.