



KALE LEMONADE

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INGREDIENTS

- 3 leaves of kale, hard stems removed
- 3 c fresh pineapple
- 6 lemons, juiced
(more if you like lemon like I do)
- ½-¾ c organic maple syrup
- 6 c water



DIRECTIONS

- In a high speed blender, puree kale, juiced lemon, fresh pineapple (adding lemon zest will enhance the lemony flavor) with 2 cups fresh water. This is the concentrate. I have added as much as a gallon of water for a large crowd, but you can do less or a little more water according to your taste and sweetness.