



HOME CHEF

BLENDER REQUIRED

Fall Detox Smoothie

With Kale and Avocado



Have you eaten too many cider mill donuts, pumpkin spice-flavored things, or miniature Halloween candies that you swore you bought for the neighborhood kids? Try our detox smoothie—it’s tasty and will make you feel good from the inside out. *Chef’s tip: ripen hard avocados in 2-3 days by leaving them on your counter in a tightly closed paper bag. Add a banana, apple, or tomato to the bag to ripen even faster.*

OVERVIEW



TIME TO PREPARE



EASY RECIPE



DAYS BEST COOKED BY

NUTRITION

Calories: 304
Carbohydrates: 39g
Fat: 15g
Protein: 4g
Sodium: 44mg
per serving

DIETARY



DAIRY-FREE



GLUTEN-FREE



NUT-FREE



SOY-FREE

INGREDIENTS

2 oz. Kale
4 Parsley Sprigs
1 Avocado
1 oz. Maple Syrup
8 oz. Apple Cider



Prepare the Ingredients

Thoroughly rinse produce and pat dry. (If you have a good blender, you don't need to stem the **kale** or **parsley**). Otherwise, stem **kale** and coarsely chop leaves. Stem **parsley**, reserving a few leaves for garnish. Halve and pit **avocado**. Scoop out flesh with a spoon.



Blend the Ingredients

Add **all ingredients** (including kale and parsley stems, if you have a good blender), except for **reserved parsley leaves**, to blender. Add 2 cups of **ice** and 1 cup of **water**. Blend 3-4 minutes or until smooth.

WHAT YOU NEED

Ice



Drink Up!

Pour into two glasses, garnish with **parsley leaves**, and enjoy!

EQUIPMENT

Blender/Food Processor/
Immersion Blender

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