

DR. CHRISTOPHER'S  
*Herbal Legacy Newsletter*

## **Alkalizing Green Smoothie**

2 cups fresh, organic pineapple puree  
1/2 organic banana  
2-3 leaves of fresh, organic comfrey (or substitute kale)  
1 cup almond milk  
1-2 cups of ice

In a high-speed blender, puree enough fresh pineapple to make 2 cups of puree. Then blend in the banana, kale, and almond milk. Blend on high until smooth and creamy. Add ice and blend no more than 1 minute. Enjoy this amazing drink!

