Citris Smoothie & Kale Chips

**Citris Smoothie: Ingredients**
- 4 clementines, seeded
- 1 cup orange juice
- 16 frozen strawberries
- 2 handfuls spinach
- 2 bananas
- 2 cups yogurt or soy yogurt
- 1 tbsp honey
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Kale chips: Ingredients
- Kale
- Olive oil
- Salt
- Pepper

1. Rip Kale into strips
2. Massage Kale with Olive Oil
3. Preheat oven to 350°F
4. Spread Kale onto oiled baking sheet
5. Bake for 10-15 minutes, until crispy

High vitamin C foods, like citrus, help our respiratory system.

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