

Dr. Mamiko Matsuda's

Healthy Kale Smoothies



This month, Society of PEACE member **Mamiko Matsuda** serves up a double-dose of good health with two recipes for kale smoothies. Be sure to also check out her featured recipes for steamed kale!

Mamiko Matsuda, Ph.D. is a specialist in natural health and healing. She is an international health educator and health consultant. She serves as president of both the **Houston Health Association & Natural Hygiene Network** (www.orthopathy.net) and the Japan Natural Hygiene Network. Dr. Matsuda is a best-selling author on diet and health and has published many books in Japan. She has also translated the world famous books *Fit For Life* and *The China Study* into Japanese. In addition, Dr. Matsuda is an esteemed contributing author on Dr. T. Colin Campbell's **Plant Based Nutrition** website (www.plantbasednutrition.org).

Kale Smoothies

Pineapple-Kale Green Smoothie

- 1 Tbs flaxseeds (ground)
- 2 cups of Pineapple (chop into chunk)
- 1/2 cup of water
- 1 cup parsley (chopped)
- 3-4 cups of Kale (Chopped)
- 2 raspberries (for garnish)
- 2 mint leaves or any kind of green leaves (for garnish)

*Put the first 6 ingredients in a blender and blend them well.
Pour into a glass and garnish with raspberries and green leaves.*



Grapes-Banana with Kale Smoothie

- 1~2 cups of grapes
- 1~2 banana(s)
- 1~2 date(s)
- 1~2 Tbs of flaxseed (wash well and soak in half a cup of water over night)
- 1/2 or more cup of water
- 3~4 stems of kale

Blend all the ingredients in a blender and serve.