

Big Sky Family Cooking Night - **October** Montana Harvest of the Month: **Kale**

Beam Me Up Green Juice - serves 4 to 6

Ingredients:

4 leaves	Kale, stemmed and sliced into thin ribbons
2 ribs	Celery, chopped
1	Cucumber, chopped
1/2 cup	Green grapes
1/2 cup, loosely packed	Fresh Mint leaves
1	Lemon, peel trimmed away
1 cup	Ice
3 cups	Water

Methods:

Add all ingredients to blender. Blend on high speed until smooth. Enjoy or reserve to mason jars or other airtight container and refrigerate for up to 2 days.

