

# Standardized Recipe Card

Recipe:     Kale Smoothie    

Yield:     16 Cups     Portion size:     4oz = 32 Tastings    

Ingredients	Weight	Measure	Prep
4 Cup Water			
8 Cup Orange Juice			
4 Apple or Pear			
8 Banana			
8 Cups Kale			
16 Cups Ice			

Method:

- 1.