

GREEN SUPERFOOD SMOOTHIE

This recipe makes 1 serving



INGREDIENTS

1 cup vanilla almond milk (sweetened or unsweetened)
1/2 cup kale, loosely packed and chopped
1/2 cup spinach, loosely packed and chopped
1 frozen banana



EQUIPMENT

Blender
Glass

NUTRITION FACTS PER SERVING

These nutrition facts are based on using unsweetened vanilla almond milk

Calories: 163
Total Fat: 2.9g
Sodium: 198mg
Potassium: 812mg
Carbs: 32.8g
Fiber: 5.3g
Sugars: 15.0g
Protein: 3.5g



METHOD

Blend all ingredients together until smooth. Depending on your blender, you may need to adjust the amount of liquid used. Enjoy!

If you want your smoothie a tad bit sweeter, serve with a small spoonful of raw honey.

