

KALE SMOOTHIE

INGREDIENTS

2 cups lightly packed chopped kale
leaves, stems removed

3/4 cup skim milk

1/2 frozen banana cut in chunks

1/2 cup vanilla yogurt

1/4 cup frozen pineapple pieces

1/2 cup frozen strawberries

2 tsp sugar

DIRECTIONS

Place all ingredients in the order listed, in a blender. Blend until smooth. Add more milk as needed to reach desired consistency. Enjoy immediately.

