

## KALE & BANANA SMOOTHIE

**MAKES:** 2 servings (~1-1/4 cup serving)

### INGREDIENTS

- 1 large banana, peeled
- 4 kale leaves, stripped from stem (~ 2 cups chopped)
- 1/4 cup milk
- 3/4 cup yogurt
- 1/4 cup orange juice
- 2 Tablespoons peanut butter\*

\*Use almond butter, sunflower seed butter, or avocado in place of peanut butter.

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## DIRECTIONS

Combine all ingredients in a blender. Blend at high-speed and process until smooth. Divide between two glasses. Refrigerate or freeze leftovers.

**Note:** Some blenders do not puree the kale very well, so you might end up with tiny pieces of kale. If you want your smoothie to be super smooth, strain it through a fine mesh strainer into your glass to get rid of the little bits of unblended kale.

You can also try substituting other fruits and vegetables to add a variety of flavors and nutrients such as berries, mangoes, oranges, peaches, apples, spinach, or beets.

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763.450.3860 • 8501 54th Ave N, New Hope, MN 55428



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