

Kale smoothie

The kale smoothie is a great way to get a serving of ultra-healthy green leafy vegetables, and is a delicious way to start your day.

! cup kale (regular leafy kale, or lacitano kale which is very dark green, and a bit easier to blend)

1 cup almond or soy milk (try vanilla flavored, and if you are watching calories, try the lighter versions with less sugar)

2 tablespoons of crushed pineapple (canned is fine, just be sure to buy it packed in juice, not corn syrup)

½ frozen banana (as bananas are getting over-ripe, peel and cut into pieces. Put them in a baggie or container and freeze)

1 scoop protein powder. Try Whole Foods Soy protein powder in vanilla. Whey protein is fine as well.

Directions:

Take the kale off the stalk, and start by blending the kale and the almond milk. This helps to get the kale to smoothie texture.

Add all other ingredients, and a handful of ice cubes. Mix well and serve.

It helps to have a high horse power blender. Vita-Mix blenders tend to run between \$300.00 and \$500.00. You can buy a good Nunja blender for about \$70 - \$90.



Lacinato Kale



Whole Foods Protein Powder