

KALE: Green Power Smoothie

Serves 2

Bright, creamy, and naturally sweet, this vibrant green smoothie is a delicious way for the whole family—even children—to enjoy more leafy greens.

Ingredients

- 2 cups steamed kale, drained
- 1 cup pineapple juice
- 1 cup vanilla non-dairy yogurt
- 1 small frozen banana, sliced
- ½ cup sliced avocado
- 10 ice cubes

Instructions

1. Add the steamed kale, pineapple juice, non-dairy yogurt, and frozen banana to a high-powered blender in the order listed.
2. Blend on high for 20–30 seconds, or until the kale is well blended.
3. Add the avocado and ice cubes.
4. Blend again until the smoothie is creamy and completely smooth.
5. Pour into chilled glasses and serve immediately with a straw.

Kale preparation: Wash about 6 cups of fresh kale and remove the tough stems. Steam the leaves in ½ cup of water until just wilted, then drain and cool. Raw kale may also be used; substitute approximately 3 cups of fresh kale leaves.

Serving Ideas

- Serve chilled.
- Add a pineapple slice.
- Enjoy for breakfast or as a snack.
- Refrigerate leftovers in a covered container and enjoy the next day. Stir or shake well before serving.

Nutrition Benefits

- **Kale** provides fiber, vitamin K, vitamin C, beta-carotene, and protective plant compounds.
- **Pineapple juice and banana** add natural sweetness, vitamin C, potassium, and quick energy.
- **Avocado** contributes heart-friendly unsaturated fats and gives the smoothie its creamy texture.
- **Non-dairy yogurt** may provide calcium and live cultures, depending on the brand used.
- **Dietary fiber** supports digestion, promotes fullness, and helps maintain healthy blood-sugar levels.

Nutritional Information

Per serving: Approximately 260 calories, 8 g total fat, 1 g saturated fat, 45 g carbohydrates, 6 g fiber, 25 g sugar, 7 g protein, and 48 mg sodium.

REFERENCE: Adapted from *BRIGHTEN UP BREAKFAST MOUTHWATERING AND NUTRITIOUS RECIPES TO VITALIZE YOUR DAY*
— Erica Nedley

