



Banana Kale Smoothie

2 Servings



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Ingredients:

- 1 large kale leaf, gently rubbed under cold running water, stems removed
 - 1/2 c. skim milk
 - 1 c. nonfat vanilla Greek yogurt
 - 1 ripe banana, gently rubbed under cold running water, peeled
 - 4 to 6 ice cubes
- *You can use nonfat or low-fat vanilla yogurt in place of the nonfat vanilla Greek yogurt. If desired, add 1 c. frozen or fresh berries like strawberries, blueberries, and raspberries.

Directions:

1. Wash hands with soap and water.
2. Rinse and prepare produce as directed in the ingredients list. Let kale air-dry or dry with a paper towel. Remove the leaves from the main thick stems (also called the rib) in the middle of the leaf using your hands or kitchen scissors. Tear the leaves into bite-size pieces.
3. Add milk, then yogurt to a blender.
4. Next, add kale to the blender.
5. Break banana into chunks and add to the blender.
6. Add the ice cubes to the blender.
7. Add lid to the blender and begin blending. Start on a lower speed and then increase speed. Puree until smooth.

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