



RECIPE:

Kale Banana Smoothie

Number of Servings: 2

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

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.

Options: 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.

Nutrition Info:

Nutrition Facts	
2 servings per container	
Serving size	1 cup
<hr/>	
Amount per serving	
Calories	170
<hr/>	
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 75mg	3%
Total Carbohydrate 30g	11%
Dietary Fiber 2g	7%
Total Sugars 21g	
Includes 0g Added Sugars	0%
Protein 14g	
<hr/>	
Vitamin D 1mcg	6%
Calcium 212mg	15%
Iron 0mg	0%
Potassium 529mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.