Orange You Bananas for Kale Smoothie

Source: Katherine Lawrence

This nutritious smoothie takes only a minute to prepare!

About the Recipe

110 Calories · 3.1 g Protein · 3.8 g Fiber
Breakfast · Smoothie

Ingredients

Makes 4+ Servings

- 1 orange, peeled
- 1 c (150 g) grapes
- 1 banana
- 1 pear, cored
- 1 c (240 mL) low-fat nondairy milk
- 2 c (42 g) fresh kale, destemmed, or spinach
- your preference ice cubes (optional) **optional*

Directions

1. Place all ingredients in the blender for 1 minute, or until desired smoothness is achieved.
2. Add ice cubes, if using, and process further to desired temperature.

Nutrition Facts

Per 1-c serving:

Calories: 110

Fat: 1.1 g

- Saturated Fat: 0.2 g
- Calories From Fat: 8.5%

Cholesterol: 0 mg

Protein: 3.1 g

Carbohydrates: 24.5 g

Sugar: 14.9 g

Fiber: 3.8 g

Sodium: 36 mg

Calcium: 99 mg

Iron: 1 mg

Vitamin C: 33.1 mg

Beta-Carotene: 2,464 mcg

Vitamin E: 1.2 mg