Orange You Bananas for Kale Smoothie

Source: Katherine Lawrence, owner of www.foodsavedme.com

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

- orange, peeled (1)
- grapes (1 cup)
- banana (1)
- pear, cored (1)
- soy, almond, or rice milk (1 cup)
- fresh kale or spinach (2 cups)
- ice cubes (your preference)

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-cup 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