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