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