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)

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