

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