



Kale Smoothie

This makes a blender-full or about 4-6 servings. To make less, reduce ingredient amounts.

Ingredients:

- 2 cups fresh kale
- 1 cup vanilla yogurt
- 1 peeled banana, broken up
- ¼ - ½ cup lime juice (fresh preferred)
- 1 tsp. vanilla extract
- 1 cup soy milk
- 1 T. honey
- ½ cup fruit juice - any kind
- 1 cup frozen mixed fruit (your preference)
- 1 scoop vanilla protein powder (optional)

Mix all ingredients. Enjoy!

*Recipe courtesy of Bev Benda, LRD, BCC My Coach Bev Life and Wellness Coaching
www.mycoachbev.com*