

Cherry Kale Smoothie



PREP TIME

3 mins



COURSE

Gluten Free, Shakes



SERVINGS

1 serving

CALORIES

314 kcal

INGREDIENTS

- 1 cup coconut milk, unsweetened (the kind in the carton)
- 1 cup cherries
- 1 cup kale
- 1/2 cup blueberries
- 1 scoop Tru Protein Vanilla Protein Powder (or similar vegan protein)

INSTRUCTIONS

1. Put all ingredients in blender and blend until smooth adding water as needed to reach desire texture.
2. You can use fresh or frozen fruit.

NUTRITION

Nutrition Facts

Cherry Kale Smoothie

Amount Per Serving

Calories	314	Calories from Fat	68
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		% Daily Value*	
Fat	7.6g	12%	
Carbohydrates	40.3g	13%	
Protein	25.6g	51%	

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!