

# Kale Avocado Power Green Smoothie

Web Recipe · Smoothie · GF

430 cal · 27g protein · 35g carbs · 20g fat · 1 serving

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## Ingredients

- 1 scoop vegan vanilla protein powder
- 1 cup chopped curly kale stems removed
- 1/4 medium avocado
- 1/2 medium frozen banana
- 1 tbsp hemp seeds
- 1 tbsp lemon juice
- 1 cup unsweetened almond milk

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## Instructions

1. Add almond milk, protein powder, and lemon juice to a blender.
2. Add chopped kale (stems removed), avocado, frozen banana, and hemp seeds.
3. Blend on high until completely smooth and bright green, about 90 seconds.
4. Pour into a glass and serve immediately.

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Generated by Meal Planner · Per serving macros