

Pineapple Kale Smoothie



TOTAL TIME

5 mins



COURSE

Dessert, Shakes, Snacks



SERVINGS

1

CALORIES

368 kcal

INGREDIENTS

- 2 c loosely packed kale
- 1 c frozen pineapple
- 1 frozen ripe banana
- 1 scoop vanilla protein powder
- 3/4 c soy milk plus more to thin if necessary (or use other plant-based milk for soy-free)
- 1 tsp chia seeds
- 1/4 inch hunk fresh peeled ginger

INSTRUCTIONS

1. In a large high-powered blender, add in all ingredients and blend on high for 1-2 minutes or until all ingredients are well combined. If necessary, add in more milk to thin the smoothie and blend again.

NUTRITION

Nutrition Facts

Pineapple Kale Smoothie

Amount Per Serving (1 g)

Calories	368	Calories from Fat	63
% Daily Value*			
Fat	7g	11%	
Carbohydrates	55g	18%	
Protein	28g	56%	

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



KEYWORD

gluten free, soy-free

Tried this recipe?

Let us know how it was!