

# 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!