



Supreme Green Smoothie

Jacob · 29/09/2024



Prep Time

3

Difficult

Medium

Servings

3 servings

Description

No extra sweetener needed The natural sugar from the fruit and hint of honey from the almondmilk is a perfect balance to the slightly sharp flavor of the kale A great way to start the day

Ingredients

- - 2 cups Almond Breeze Hint of Honey almondmilk - 1 cup green grapes - 2 cups packed baby kale - 1 large kiwi fruit
- peeled and chopped - 1 (10 ounce) package frozen pineapple chunks

Instructions

1. Place all ingredients in large blender container in order given. Cover; blend on high 15 to 20 seconds or until completely smooth. Pour into glasses. Cook's Note: Feel free to use Original or Vanilla almondmilk in this. Nutritional analysis per serving: Calories 200
2. Calories from Fat 25
3. Total Fat 2.5g (4% DV)
4. Saturated Fat 0g (0% DV)
5. Trans Fat 0g
6. Cholesterol 0mg (0% DV)
7. Sodium 120mg (5% DV)
8. Carbohydrates 44g (15% DV)
9. Dietary Fiber 5g (20% DV)
10. Sugars 35g
11. Protein 4g
12. Vitamin A 100%
13. Vitamin C 150%
14. Calcium 40%
15. Iron 10%.