

KALE SMOOTHIE

Ingredients

- 1 small bunch kale or spinach, chopped
- 1 medium pear, chopped
- 1 cup frozen sweetened mixed berries
- 1 medium banana, halved
- 1 cup unsweetened almond milk
- 1/2 cup low-fat vanilla almond milk yogurt
- 3 tablespoons agave nectar

Directions

In a large bowl, mix kale and fruits. Pour in almond milk, yogurt and agave nectar; stir to combine. Process in batches in a blender until smooth. Serve immediately or refrigerate.

Sourced From:

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