

Greenest Smoothie



INGREDIENTS:

- 1 large banana
- 1-2 cups packed chopped kale
- 1 cup unsweetened almond milk
- 1/4 - 1/2 ripe avocado
- 1 Tbsp of chia seeds*
- 1 tsp of honey or maple syrup
- 1 cup ice cubes

*Alternatively, use hemp seeds, flax seeds, almonds, or walnuts for a healthy dose of fats.

DIRECTIONS:

1. Combine all ingredients into a blender.
2. Blend until smooth and creamy.
3. Pour into your favorite glass and enjoy!
4. Smoothies are best consumed immediately but can keep refrigerated for up to 24 hours. Separation is natural.

Source: eatingwell.com

