



TropiKale Green Smoothie

Prep Time: 2 min

Servings: 3

Ingredients:

- 2 cups frozen tropical fruit
- 2 bananas
- 2 cups of kale, thick stems removed
- 1 cup water

Instructions:

1. Add all ingredients into the blender, frozen ingredients last.
2. Blend ingredients on medium-high speed, adding more water as necessary to get your desired consistency.
3. Serve cold in a glass, or in a bowl topped with granola!

Pro Tip: Use frozen bananas for a thicker summer treat or a splash of orange juice for added sweetness!

