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| Serving For: | 1 |
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Simple | Healthy | Delicious

Kale and Banana Smoothie

INGREDIENTS

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| 1 banana |
| 2 Cups chopped kale |
| ½ Cup light unsweetened soy milk |
| 1 Tbsp. Nature's Earthly Choice Flax Seeds |
| 1 tsp. maple syrup |



DIRECTIONS:

1. Place the banana, kale, soy milk, Nature's Earthly Choice Flax Seeds, and maple syrup into a blender. Cover, and pureé until smooth. Serve over ice.