

Blueberry Kale Smoothie

INGREDIENTS

1 cup 2 percent milk
1 cup chopped kale, packed
1 frozen banana, sliced
1 1/2 cups blueberries, fresh or frozen
1 tablespoon honey
3 tablespoons of Vanilla or Black Cherry Yoghurt

INSTRUCTIONS

Blend all ingredients together in a high-speed blender until smooth and creamy!

Makes 2 smoothies

Recipe provided by Chef Andie Bulman