

Kale Oat Berry Smoothie

Adapted from MarcusSamuelsson.com

Ingredients

- 5 raw kale leaves, stems removed and leaves torn (or substitute spinach)
- 1 cup blueberries
- ¼ cup plain low-fat Greek yogurt
- ½ cup milk (almond, soy, or cow's milk)
- 1/3 cup oats
- 2 tablespoons maple syrup
- 8 to 10 ice cubes

Instructions

In a blender, add in all ingredients. Blend until smooth and frothy (about 3 to 4 minutes).

Tips:

- Optional add-ins could include additional spices, like a pinch of cinnamon or splash of vanilla extract.
- It might seem like you are blending this smoothie for a long time, but it will ensure the kale and oats are fully pureed.
- Almond milk was used in the nutritional analysis. Soy or cow's milk will add an additional 2 grams of protein per serving.

Yield: 2 servings (1 serving = snack and 2 servings = meal)



NUTRITION FACTS PER SERVING

CALORIES: 210

PROTEIN: 7 grams

SODIUM: 70 milligrams

CARBOHYDRATE: 41 grams

FIBER: 5 grams

FAT: 3 grams

SATURATED FAT: 1 grams