

Berry and Kale Smoothie

This smoothie is packed with fruit and includes kale for an added veggie boost. Try it for breakfast or as a snack.

Makes: 2 servings

Ingredients

- 1 cup kale or spinach
- 1 cup water (or milk of your choice)
- 1 cup sliced strawberries
- 1 medium banana, sliced
- 1 cup blueberries
- 1 cup chopped pineapple
- 1 medium orange, chopped
- 1 cup ice

Directions

1. Using a blender, mix the greens and the water or milk of your choice.
2. Add in the rest of the ingredients and blend until smooth.
3. Separate into two cups.

Recipe from: UConn Husky Nutrition & Sport, adapted by the USDA Food and Nutrition Administration.



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