

Kale Smoothie

Prep Time:
15min

Serves: 2



Ingredients:

3 cups water
2-3 cups (hand-fulls) spinach
1 bunch kale
1 scoop of protein powder (or two if you want a full scoop per serving)
1 large avocado
2 tablespoons chia seeds (optional)

Directions:

1. De-stem the kale, rinse it well, and give it a spin in the salad spinner to drain off the excess water.
2. Meanwhile, combine the water, protein powder, spinach, and chia seeds in the blender. Mix until combined.
3. Slice the avocado in half and scoop the it into the blender.
4. Add the kale and mix until completely combined.
5. Pour it into two blender bottles or large cups.