

MIXED BERRY KALE SMOOTHIE

This is a great way to sneak vegetables into your kids smoothies or your own. The berries disguise the kale in this tasty smoothie.

INGREDIENTS

- 1 cup of frozen mixed berries
- 1 frozen banana
- 3 medium kale leaves, stems removed
- 1 tbsp of chia seeds
- 1/2 cup of almond, rice, or coconut water

METHOD

Blend all ingredients and enjoy!

