

Green Goddess Smoothie



Prep:

5 minutes

Total:

5 minutes

Makes:

5 servings, 1 cup each

Utensil:

Blender

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Contributed By:

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Recipe Description:

This simple smoothie recipe combines dark, leafy collard greens with vitamin C rich fruits for a nutritionally powerful way to start your day.

3

cups

collard greens or kale, stems removed

(201

g)

1

banana

2

cups
strawberries, stems removed
(288
g)

3

cups
peaches, pitted
(462
g)

2

cups
non-dairy milk, soy, rice, almond or hemp
(480
mL)

Directions:

1. Place all ingredients in a blender and process until smooth. Add ice, if chilled drink is desired, and process.

Tips:

- Strawberries and/or peaches can be frozen for a cool and frosty smoothie.

Nutritional Information per Serving

Calories:

139

Total Fat:

2g

Saturated Fat:

0g

Cholesterol:

0mg

Sodium:

55mg

Total Carbs:

27g

Dietary Fiber:

5g

Sugar:

18g