

# WHAT'S IN SEASON



## KIWI & KALE PROTEIN SMOOTHIE

### INGREDIENTS:

- 1 cup baby kale
- 1 cup baby spinach
- ½ banana, sliced
- 1 kiwi, peeled and sliced
- 1 tablespoon creamy almond butter
- 1 cup unsweetened vanilla almond milk
- 1 scoop vanilla protein powder

### DIRECTIONS:

- Add all ingredients to a blender. Blend on medium-low speed, using the tamper as necessary, until well combined.
- Increase speed to medium-high and blend until very smooth.

\* Gluten Free: This recipe is already gluten free!



### NUTRITIONAL FACTS

1 SERVING (2 cups)  
Calories: 415  
Protein: 35 grams  
Carbohydrates: 40 grams  
Fat: 15 grams

### CALORIE CONSIDERATIONS:

- To INCREASE calories: Increase almond butter to 2 Tbsp (+105 calories per serving).
- To DECREASE calories: Omit almond butter (-105 calories per serving).