

Breakfast

# Berry Kale Smoothie

**10 Mins**  
Prep Time

**0 Mins**  
Cook Time

**2**  
Servings

☰ **170 Calories** **1g Fat** **36g Carbs** **8g Protein**



## Ingredients

👤 **2 Servings** ⌚ **10 Mins Total Time** 🚫 **Allergens: Dairy**

½ Cup Strawberries, **washed** and halved 🍷

1 Cup Kale, **washed** and chopped 🍷

½ Cup Orange Juice

½ Cup Ice Cubes

½ Cup Blueberries, frozen 🍷

½ Cup Banana, sliced

½ Cup Low-Fat Vanilla Greek Yogurt

### Allergen Swap

**Dairy** Replace yogurt with a dairy-free yogurt or use dairy-free protein powder like pea or hemp protein.

### Nourishment Note



#### 🍷 Berries

Berries provide a great source of antioxidants. Antioxidants help rid the body of free radicals, which can cause harm to your cells. They are also important for immune function.



#### 🍷 Kale

Kale is a member of the cabbage family. It contains high amounts of vitamin A, K and C. It may help to lower cholesterol levels, protect the heart and reduce inflammation associated with psoriatic disease.

## Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Blend Ingredients

Place ingredients in a blender (or prepare in batches). Blend on high speed for at least 1 minute until smooth. Enjoy!

### 3. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy  
Registered Dietitians

## What You'll Need



Knife



Cutting Board



Blender



Spoon



Serving Glass

### Fatigue Buster

- Use pre-cut frozen fruit, this will save time and create a thicker smoothie.
- Purchase pre-washed kale to reduce prep time in the kitchen.