



GREEN GODDESS SMOOTHIE

EASY/BEGINNER DIFFICULTY

10 MINUTES

1 SERVING

INSTRUCTIONS

1. Peel and chop banana before freezing
2. Combine all ingredients in a blender and process until smooth.

INGREDIENTS

- 1 cup soy milk
- 1 cup fresh green kale
- 1/2 cucumber (peeled)
- 1/2 frozen banana
- 1 scoop vanilla soy protein powder
- 1 cup ice

NUTRITION INFO

- 290 calories
- 24g protein
- 39g carbohydrate
- 6g total fat including 0.5g saturated fat and 0g trans fat
- 0mg cholesterol
- 220mg sodium
- 6g fiber
- vitamin A 140%
- vitamin C 150%
- calcium 45%
- iron 25%