

# KALE BERRY SMOOTHIE

This energizing smoothie is loaded with antioxidants to keep you healthy and satisfied.  
Whip this up for a great start to your day!

*Servings: 1 eight oz. glass*



## INGREDIENTS:

- 1 cup plain Greek yogurt
- 1 cup kale, stems removed
- 1 frozen banana
- ½ cup fresh or frozen blueberries
- Almond milk (or milk of choice)

## DIRECTIONS:

1. In a blender, combine yogurt, kale, banana, and blueberries.
2. Blend on high until ingredients are puréed.
3. Add milk to desired consistency and blend on low.
4. Pour into a glass, and enjoy!

**BUSHEL**  
*and*  
**BERRY**<sup>®</sup>  
HOMEGROWN BERRIES