

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 adapted from Vanessa Chambe, Dietetic Intern

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.