

Kale Smoothie with Pineapple and Banana



5 from 11 reviews

Author: Deborah Harroun **Prep Time:** 5 minutes

Total Time: 5 minutes **Yield:** 2 servings 1x **Category:** Beverage

Method: Blender **Cuisine:** American

Scale



Ingredients

- ☐ 2 cup kale, stems removed
- ☐ 2 cup water
- ☐ 2 cup chopped pineapple (I like frozen)
- ☐ 1 banana (I like frozen)
- ☐ Juice of 1/2 lime
- ☐ 2 tablespoon chia seeds

Instructions

- 1 Blend the kale and the water in a blender until smooth.
- 2 Add the remaining ingredients and blend again.

Recipe Notes:

recipe source: Simple Green Smoothies by Jen Hansard and Jada Sellner

SUBSTITUTIONS: You can use any liquid in place of the water. Milk, almond milk, fruit juice – they will all work! You can also substitute the pineapple for another fruit, although I like that the pineapple covers the bitterness of the kale. You can also add in other nutritious ingredients, like peanut butter, flax seeds, or protein powder.

Nutrition information provided as an estimate only. Various brands and products can change the counts. Any nutritional information should be used as a general guide.

Nutrition **Serving Size:** 1/2 of recipe **Calories:** 251 **Sugar:** 27 g
Sodium: 46 mg **Fat:** 4 g **Saturated Fat:** 1 g **Unsaturated Fat:** 3 g
Trans Fat: 0 g **Carbohydrates:** 51 g **Fiber:** 13 g **Protein:** 9 g
Cholesterol: 0 mg

Find it online: <https://www.tasteandtellblog.com/pineapple-banana-kale-smoothie-recipe/>