

Kale Pineapple Smoothie

Ingredients:

2 cups kale, chopped and stems removed
3/4 cup unsweetened almond milk
1 frozen banana, cut into chunks
1/4 cup plain non-fat Greek yogurt
1/4 cup frozen pineapple chunks
2 tablespoons peanut butter
1–3 teaspoons honey

Directions:

1. Place all ingredients in a blender; blend until smooth. Add more milk as needed to reach desired consistency. Enjoy.

Nutrition Facts	
Serving Size 1 glass (232g)	
Servings Per Container 2	
Amount Per Serving	
Calories 220	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 29g	10%
Dietary Fiber 4g	16%
Sugars 18g	
Protein 8g	
Vitamin A 35%	• Vitamin C 60%
Calcium 15%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

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Source: <http://www.wellplated.com>

