

Tropikale Smoothie

Ingredients

- 1 cup kale, de-stemmed and torn into pieces
- ~1 cup apple juice (more if needed for consistency)
- ½ cup plain or vanilla Greek yogurt
- 1 frozen banana, cut into coins
- 1 cup frozen pineapple or mango
- *Substitutions: other leafy green for kale, like frozen spinach*



Directions

1. Combine ingredients in a blender in order: kale, apple juice, yogurt, banana coins, pineapple or mango.
2. Blend thoroughly. If needed, stop and stir halfway through
3. Enjoy! Pour in thermos/mason jar with lid/bottle for on-the-go breakfast!

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