

Garden to Fork – Strawberry Kale Smoothie

This nutritious and refreshing smoothie is a perfect pick-me-up anytime but especially after a strenuous workout.

Ingredients:

- 1 cup frozen strawberries
- 1 frozen banana
- ½ avocado
- 2 dates
- 200 milliliters almond milk
- ½ scoop protein powder – optional
- ½ cup kale – chopped and frozen

Directions:

- Blend together all ingredients

Riley's tips:

- Using frozen ingredients makes the smoothie thicker.
- Finely chop the kale and freeze it on a plate for 15 minutes. It blends better if frozen.



Recipe and photos courtesy of my granddaughter, Riley. Enjoy! Alaine