



KALE POWER SMOOTHIE

Prep time: 50 sec | Serves: 2

INGREDIENTS

- 1 small frozen banana
- ½ cup frozen blackberries
- 2 cups fresh chopped kale
- 1½ cups unsweetened almond milk
- 1 tablespoon raw honey
- ¼ teaspoon ground cinnamon
- 1 tablespoon coconut oil

NUTRITION DATA

215 calories | 9.8g fat | 32.4g
carbs | 3.8g protein | 5.1g
fiber | 16.6g sugars | 165mg
sodium

STEPS

01

Place all ingredients in blender and blend on high speed until smooth.



Dr. Gorge J Holistic Health and Healing
drgeorgej.com @dr.georgej f drgeorgej

Source: Outback Vision Protocol