

# Kale Blueberry Protein Packed Smoothie

 serves 2  5 mins

Featured Greenhouse  
Ingredient: Dinosaur Kale

**Fuel Your Day with Vibrant Power!** Unleash the power of greens and berries with our Kale Blueberry Protein-Packed Smoothie! This vibrant blend combines the rich, earthy flavor of kale with the sweet, tangy burst of blueberries, creating a smoothie that's both nutritious and irresistible. Packed with protein and a bounty of vitamins, it's your ultimate go-to for a quick breakfast, a post-workout boost, or a refreshing afternoon pick-me-up.

## Ingredients

- 1/2 cup cold spring water
- 1/2 cup almond milk
- 1 scoop of your favorite protein powder
- 1 medium frozen banana
- 2 kale leaves, stems removed**
- 1 tablespoon TR honey or other raw honey
- 1/2 teaspoon matcha or cocoa powder (optional)
- handful of blueberries

## Directions

1. In a high-speed blender, combine the almond milk, banana, kale, and matcha, if using.
2. Blend until creamy.

## Notes

All of our recipes are sugar-free and gluten free!

\*sourced from the Greenhouse Garden

