

## Title: Green Goddess Smoothie

<u>Code</u>
GF, DF, V, \$, Q

### Ingredients Needed:

- 1 Cup Fresh Kale
- ¼ Cup Sliced Cucumber
- ½ of a Medium Banana
- 1 Kiwi – Peeled
- ½ Cup of Almond Milk
- 1 tablespoon of Chia Seeds
- ¼ cup ice cubes

<u>Nutrition Facts:</u>	
Yield	1 servings
Calories	197
Total Fat	6g
Sat Fat	1g
Sodium	116mg
Added Sugar	0g
Fiber	10g
Carbohydrates	33g
Protein	6g

### Recipe Directions:

1. Cut up banana, kiwi and kale
2. Blend all ingredients until smooth
3. Sprinkle chia seeds on top. Enjoy!

