

St. Patrick's Day Shamrock Smoothie

This makes a blender-full or about 4-6 servings. To make less, reduce ingredient amounts.



- 2 cups fresh kale
- 1 cup vanilla yogurt
- 1 peeled banana, broken up
- ¼ cup lime juice (fresh preferred)
- 1 tsp. vanilla extract
- 1 cup soy milk
- 1 T. honey
- 1 cup frozen mixed fruit
- 1 scoop vanilla protein powder (optional)

Mix all ingredients. Enjoy!