

Green Smoothie

This flax and kale smoothie doesn't even taste green! Feel free to play with the ingredients. I'm not sure how well other greens go in this smoothie, but the taste is really easy to cover up!

1 banana, thickly sliced, frozen
2 cups chopped kale
1 tablespoon flax seed meal
(optional)

1 tablespoon coconut oil (optional)
1/4 cup milk
1/3 cup orange juice

1. Place the banana, kale, flax seed meal, and coconut oil into a blender, pour in the milk and orange juice. Cover, and puree until smooth; serve.

Makes 1 serving.

Preparation time: 10 minutes
Ready in: 10 minutes

Per serving:

Calories	360
Fat	17g
Cholesterol	5mg
Sodium	85mg
Carbohydrates	52g
Fiber	6g
Protein	8g

Source: Allrecipes.com

