

# BLUEBERRY KALE SMOOTHIE

**PREP TIME:** 5 min  
**COOK TIME:** n/a  
**SERVINGS:** 4-6  
**SERVING SIZE:** 1 cup

## INGREDIENTS

- 1 1/2 cups frozen blueberries
- 1 1/2 cups coconut milk
- 2 cups fresh kale leaves
- 1/2 cup vanilla yogurt

## DIRECTIONS

1. Measure and add all ingredients to the blender.
2. Blend until smooth.
3. Enjoy!



Public Health This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This institution is an equal opportunity provider.



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