

“Final Summer Hurrah” Smoothie

Yields: 1 serving | Time: 5 minutes | Protein: ~30 grams

Instructions

1. Add all of the ingredients to a blender.
2. Blend on medium speed and add more liquid as needed.
3. Add any remaining liquid if desired and blend again until completely smooth, about 10-15 seconds.
4. Serve and enjoy!

Ingredients

- ½ cup frozen blueberries
- ½ cup frozen pineapple
- ½ cup plain Greek yogurt
- 1 tbsp chia seeds
- 1-2 handfuls of kale or spinach
- ¼-½ cup plain kefir, milk, or water
- ¼ tsp vanilla extract
- ½ banana (optional for added sweetness)
- ½ tbsp cacao powder (optional for added iron content)

Grocery List

Produce

- Kale or spinach
- Banana (optional)

Freezer

- Frozen blueberries
- Frozen pineapple

Dairy

- Plain Greek yogurt
- Plain kefir or milk

Baking

- Chia seeds
- Vanilla extract
- Cacao powder (optional)