

# Green Smoothie Recipes

## Kale Orange Banana Smoothie



**Prep Time:** 10 Minutes

**Ready In:** 10 Minutes

**Servings:** 1

### INGREDIENTS:

1 orange, peeled

1/2 cup water

1 leaf kale, torn into several pieces

2 ripe bananas, peeled

### DIRECTIONS:

1. Blend the orange in a blender until mostly juice.
2. Add the water and kale; blend again on High speed until kale is liquefied.
3. Break the bananas into chunks and add to the blender. Start blending on a lower speed until the banana is incorporated. Increase speed to blend the mixture into a pudding-like texture.