

Kale Smoothie



Heirloom member Emily Jackson loves these nutrient-dense and protein-packed smoothies after her workouts!

Ingredients:

2 cups of kale, stems removed
1 banana
1 scoop of protein powder
Almond milk, to preference
Ice, to preference

Directions:

Blend all in a blender until smooth, adding almond milk and ice to your consistency preference.

Enjoy!