

Cucumber Kale Smoothie

Prep Time 5 mins
 Total Time 5 mins
 Meal Type Breakfast
 Contributed By



Source Living Plate

Servings 1



Ingredients

lb,c g,ml

- 1 cup water
- 1 cup kale, *stems removed and torn* 1-2 leaves
- 1/2 cucumber, *chopped* skin-on if organic
- 1/4 avocado
- 1/2 banana, *frozen*
- 1 ice cube if desired
- 1 scoop collagen powder

Directions

Prep

1. Kale stems removed and leaves torn. Chop cucumber.

Make

1. Place all ingredients in a high speed blender and process until smooth and creamy. You may need to use your damper to push produce into blades - totally worth it! The calories are in the snack-zone, so feel free to enjoy as a between-meal snack.

Notes

The smoothie is creamy yet fresh (thank you avocado and cucumber!) If you would like it sweeter, add a teaspoon of honey or maple syrup. If trying to keep added sugar low then try stevia, allulose, or swerve.

For more protein add collagen or protein powder of choice.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	208	Total Fat 8.0g	12%	Total Carbohydrates 24g	8%
		Saturated Fat 1.2g	6%	Dietary Fiber 7g	26%
		Trans Fat 0.0g		Total Sugars 10g	
		Cholesterol 0mg	0%	Protein 14g	
		Sodium 68mg	2%		
Vitamin D 0mcg 0% · Calcium 86mg 8% · Iron 1mg 6% · Potassium 749mg 15%					

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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