



Fruit & Baby Kale Smoothie

Prep: 5 minutes • Serves: 3

- $\frac{3}{4}$ cup frozen blueberries
- $\frac{3}{4}$ cup frozen sliced peaches
- $\frac{1}{2}$ cup frozen pitted sweet cherries
- $\frac{1}{2}$ cup frozen strawberries
- 2 cups unsweetened almond milk
- 1 cup packed baby kale
- 2 tablespoons maple syrup
- 2 tablespoons oat flour
- $1\frac{1}{2}$ teaspoons vanilla extract
- 1 teaspoon ground cinnamon
- $\frac{3}{4}$ teaspoon ground ginger

Place all ingredients in a blender and purée until smooth, scraping down sides of blender once or twice. Makes about 4 cups.

*Approximate nutritional values per serving:
185 Calories, 3g Fat (0g Saturated), 0mg Cholesterol,
125mg Sodium, 36g Carbohydrates, 5g Fiber, 4g Protein*

Chef Tip

To make oat flour, grind rolled oats in a coffee grinder to the consistency of flour.