



Pear & Kale Protein Smoothie

2 servings

5 minutes

Ingredients

- 2 1/2 cups Water (cold)
- 2 cups Kale Leaves
- 1 Pear (stem and seeds removed, chopped)
- 1/2 cup Vanilla Protein Powder

Directions

- 1 Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight jar for up to two days.

No Kale: Use spinach instead.

No Protein Powder: Omit, or add a few spoonfuls of hemp seeds instead.