



RECIPES

Grapefruit Kale Smoothie

INGREDIENTS:

- 1 cup ice
- 1 ripe banana
- ¼ cup plain fat-free greek yogurt
- ½ cup fresh or frozen pineapple
- 1 Rudy Red grapefruit-juiced (approx. 2/3 cup)
- 3 cups kale-ribs and stems removed

INSTRUCTIONS:

1. Puree all ingredients together in a blender
2. Blend for 2-3 minutes so that kale is pureed as much as possible.
3. Serve Immediately

Serves 2

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