

## Pineapple Kale Smoothie

submitted by danysiggy



Per serving: 154 Calories • 37g Carbs (3.6g Fiber) • 0.7g Fat • 3.3g Protein

### Ingredients

*Ingredients scaled to: 1 serving*

1 cup, crushed, sliced, or chunks **Pineapple** (246 grams)

1/2 cup, chopped **Kale** (33.5 grams)

1/2 cup **Orange juice** (125 grams)

### Directions

*Directions are based on the original recipe of 1 serving*

1. Combine all ingredients in a blender and pulse until smooth. Enjoy!