

Post Workout Green Smoothie

submitted by Loli92



Per serving: 154 Calories • 35.9g Carbs (6.5g Fiber) • 1.2g Fat • 4.8g Protein

Ingredients

Ingredients scaled to: 2 serving

- 2 cup, chopped **Kale** (134 grams)
- 1 cup **Coconut water (liquid from coconuts)** (240 grams)
- 1 package (0.5 oz) **Orange marmalade** (14 grams)
- 1 cup, crushed, sliced, or chunks **Pineapple** (246 grams)
- 1 cup **Blueberries** (148 grams)

Directions

Directions are based on the original recipe of 2 servings

1. Blend kale and coconut water until smooth.
2. Add remaining ingredients, and blend until smooth. Enjoy!
3. Recipe adapted from: Simplegreensmoothies.com