

PAK (peach,apple,kale) Smoothie



Greater Cleveland
Food Bank

Ingredients

- 2 peaches
- 2 apples
- handful of kale (or other green)
- 1/2 cup orange juice
- 1/2 cup vanilla yogurt



Directions

1. Place liquids in blender (orange juice and yogurt)
2. Add sliced fruit and kale to blender (about 1/2 cup at a time)
3. Blend until smooth.
4. Add ice and blend, if desired.
5. Enjoy!

Makes ~4- 1 cup servings

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