

Recipe: Green Orange Kale Smoothie

There is nothing better than drinking a healthy green smoothie to re-energize and quench your thirst on a hot summer day! Add a little bit of plant-based protein powder into the mix and you get one of the healthiest, freshest, super-nutritious smoothie blends out there! Try this recipe for a protein-enriched green smoothie that will satisfy all your essential nutrient needs. The kale, spirulina and oranges will ensure a full blast of Vitamin C, iron, beta-carotene, and fiber. While the protein will support and refuel for stronger muscles and bone. With the summer season in full swing – it is only right to treat yourself with a light and refreshing smoothie.

Ingredients:

- 2 scoops Sunwarrior Blend (Plant-based Protein) in Vanilla
- 1 cup water
- 1 cup raw chopped kale
- 1 orange, peel and seeds removed
- 1/2 teaspoon of spirulina powder
- 1 pinch of ground cinnamon
- 1 pinch of ginger powder

Total Preparation Time: 5 minutes

Preparation: Combine all ingredients in a blender and mix until desired smoothness is achieved.



Nutrition Facts

1 servings per container

Serving size

Amount Per Serving

Calories 280

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0.1g **1%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 250mg **11%**

Total Carbohydrate 33g **12%**

Dietary Fiber 6g **21%**

Total Sugars 20g

Includes 0g Added Sugars **0%**

Protein 38g **76%**

Vitamin D 0mcg **0%**

Calcium 157mg **10%**

Iron 1.4mg **8%**

Potassium 560mg **10%**

Vitamin A 559mcg **60%**

Vitamin C 155mg **170%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.