

Green Orange Kale Smoothie

With the summer season in full swing, it is only right to treat yourself with a light and refreshing smoothie.

Total Preparation Time: 5 minutes

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

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

Nutritional Information (per serving): 280 calories, 0.5g Fat, 250mg Sodium, 33g Carbohydrate, 6g Fibre, 38g Protein, 157mg Calcium, 1.4mg Iron, 560 mg Potassium, 559mg Vitamin A, 155mg Vitamin C



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