



## MINT CHIP KALE SMOOTHIE

**15 MINUTES**

**MAKES 1-4 SERVINGS**

*This smoothie is perfect for kids, and for parents! Easily multiplied to create a family size smoothie, you'll be happy serving this to the whole family!*

### INSTRUCTIONS

Place all ingredients, excluding chocolate chips into blender, and blend on smoothie setting or on medium speed until fully combined.

Stir in chocolate chips. Serve immediately.

Enjoy!

To make enough for the whole family, follow the same directions as above and divide amongst four glasses.

### INGREDIENTS

#### Single Serving:

½ Avocado, pitted and peeled

1/3 Cup of Vanilla Greek Yogurt

½ Tbsp of Honey

½ Cup of Vanilla Almond Milk

½ Cup of GoodLeaf Baby Kale, firmly packed

½ Cup of Ice

1 Handful of Fresh Mint, picked from stem

1 Tbsp of Mini Chocolate Chips

#### Family Serving:

1 Avocado, pitted and peeled

1 Cup of Vanilla Greek Yogurt

2 Tbsp of Honey

2 Cups of Vanilla Almond Milk

2 Cups of GoodLeaf Baby Kale, firmly packed

2 Cups of Ice

½ Cup of Fresh Mint, picked from stem

¼ Cup of Mini Chocolate Chips



Vertically Farmed. Straight-up Good.™