

Blue-For-You Kale Smoothie

Ingredients

- ½ cup soy milk
- 1 cup applesauce
- 1 cup kale
- 1 cup fresh or frozen blueberries
- 1 tbsp chia seeds

Raztastic Kale Smoothie

Ingredients

- ½ cup soy milk
- 1 cup applesauce
- 1 cup kale
- 1 cup fresh or frozen raspberries
- 1 tbsp chia seeds

Prep Time	Cook Time	Serves
5 minutes		2

Procedure

1. Place all ingredients in a blender starting with the soy milk first.
2. Blend for about 30-45 seconds or until smooth.

