

## **!IMPACT Recipe Share . . . So good for you** **REALLY GREEN SMOOTHIE ☺**



### **Ingredients**

- 1 Banana
- 1 cup (packed) baby kale or coarsely chopped mature kale
- 1 cup unsweetened vanilla almond milk
- ¼ ripe avocado
- 1 tablespoon chia seeds
- 1-2 teaspoons honey (or omit if you wish)
- 1 cup of ice cubes

**Directions:** Combine banana, kale, almond milk, avocado, chia seeds and honey in a blender. Blend on high until creamy and smooth. Add ice and blend until smooth.  
ENJOY!

This recipe makes an awesome plant-based breakfast to start your day. It is also great for weight-loss . . . It has balanced nutrition and is low-calorie, dairy-free, gluten-free, egg-free, high-fiber, and contains essential omega-3 fatty acids. It is also vegetarian/plant-based, high in calcium, low-sodium, heart-healthy . . . and great for keeping blood-pressure in a healthy range, AND so good for your immune system – and we could ALL use that right now!

*Recipe by: [Eatingwell.com](http://Eatingwell.com)*