



## Fruit & Baby Kale Smoothie

**Prep: 5 minutes • Serves: 3**

- ¾ cup frozen blueberries
- ¾ cup frozen sliced peaches
- ½ cup frozen pitted sweet cherries
- ½ cup frozen strawberries
- 2 cups unsweetened almond milk
- 1 cup packed baby kale
- 2 tablespoons maple syrup
- 2 tablespoons oat flour
- 1½ teaspoons vanilla extract
- 1 teaspoon ground cinnamon
- ¾ teaspoon ground ginger

Place all ingredients in a blender and purée until smooth, scraping down sides of blender once or twice. Makes about 4 cups.

*Approximate nutritional values per serving:  
185 Calories, 3g Fat (0g Saturated), 0mg Cholesterol,  
125mg Sodium, 36g Carbohydrates, 5g Fiber, 4g Protein*

### **Dietitian's tip:**

- > Make your own oat flour by pulsing rolled oats in a food processor until you have a flour consistency.