

CHS

My Favorite Purple Smoothie

Ingredients:

½ cup milk (milk alternatives can be used (coconut, soy, almond, rice etc.)
1 Cup Frozen Cherries
1 Cup Frozen Blueberries
1/2 cup Kale

Optional:
Chia seeds
Water



Directions:

1. Measure all ingredients and place them in the blender. Blend for 10-20 seconds, stir and check consistency. If it is too thick you may want to add a little water.
2. Blend for another 20 seconds, pour and serve!

Makes 4 Servings.

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CHS**My Favorite Purple Smoothie**

Serving Size: 8 oz. portion

Calories	94
Total Fat	.5g
Saturated Fat	.1
Trans Fat	-----
Cholesterol	.6mg
Sodium	23mg
Carbohydrate	22g
Dietary Fiber	3g
Protein	2g
Vitamin A	109mg (RE)
Vitamin C	12mg
Calcium	66mg



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