

**This smoothie is loaded with nutrients like Vitamin K, Vitamin A, fiber and Omega 3s.**



If you are looking for green smoothie ideas, try adding blueberries with kale. Kale is quite bitter, but blueberries tend to be strong enough to cover that up. Peach makes it a bit sweeter. I like to make this with skim milk, but vanilla soy milk works nicely as well. Use frozen fruit if you like a frostier drink.

You can use a fresh peaches to get a thinner consistency or you can add a little extra milk. This smoothie is also loaded with nutrients. Kale is packed with Vitamin K, Vitamin A, fiber, omega 3 fats and much more. Blueberries are also loaded with antioxidants and are great for your skin.

## **Blueberry Peach Kale Smoothie**

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Recipe type: Smoothie

Cuisine: Angelic

Prep time: 5 mins

Cook time: 5 mins

Total time: 10 mins

Serves: 1

A healthy green drink smoothie with kale, blueberries, and peach.

### **Ingredients**

- 1 cup fat free milk
- ½ cup frozen blueberries
- ¼ cup frozen peaches
- small handful kale

### **Instructions**

1. Mix until smooth.