

## ***Peach, Mango and Kale Smoothie***

*Makes 2 servings*

### **Ingredients:**

- ½ banana
- 1 pear, cored and sliced
- 1 cup lowfat Greek yogurt
- 3 cups kale leaves (removed from tough stalks)
- ¾ cup water
- 1 ½ cups frozen peaches
- 1 cup frozen mango
- 1 ½ tsp. honey

### **Directions:**

1. Place banana, pear, yogurt, kale, and water in a blender. Blend until smooth. Add frozen peaches, mango, and honey and puree until smooth. If smoothie is too thick, blend in a little more water. Serve immediately.

Source: [Kristine's Kitchen](#).