

# Superfood Smoothie

*1 serving*

## Ingredients

- 1 apple, peeled & cored
- 1 cup kale, chopped and stems removed
- 1 orange, peeled
- 1 cup frozen blueberries
- 1-inch piece of fresh ginger, grated
- 1/2 cup plain yogurt
- 2 T flax meal

## Directions

1. Add all ingredients to blender and process until smooth.
2. Add water or ice to adjust consistency if desired.

## Nutrition Facts Per Serving

|               |       |               |          |
|---------------|-------|---------------|----------|
| Calories      | 472   | Sodium        | 118 mg   |
| Total Fat     | 7.7 g | Total Carb.   | 94.3 g   |
| Saturated Fat | 1.3 g | Dietary Fiber | 18.5 g   |
| Cholesterol   | 7 mg  | Protein       | 15.5 g   |
|               |       | Calcium       | 412 mg   |
|               |       | Iron          | 5 mg     |
|               |       | Potassium     | 1,441 mg |