**Kids Kale Smoothie**

**INGREDIENTS:**

**FAMILY-SIZE**

SERVES: 4  
PORTION SIZE: 12 OUNCES

- 2 medium Apples, chopped
- 2 Bananas, chopped & frozen
- 8 large Kale leaves, remove stems & chop
- 2 each 8 oz. Low-Fat Vanilla Yogurt
- 2 cups Apple Juice
- Ice, if desired

**SCHOOL FOOD SERVICE**

# PORTIONS: 24  
PORTION SIZE: 12 OUNCES

- 12 medium Apples, chopped
- 12 Bananas, chopped & frozen
- 2.75 pounds Kale, remove stems & chop
- 3 quarts Low-Fat Vanilla Yogurt
- 3 quarts Apple Juice
- Ice, if desired

**Portion Size: 12 ounces =** 1 oz. Meat Alt.; 1 c Fruit; 1/2 c Veg/Dk. Green

**GREAT BREAKFAST ENTRÉE!**

**DIRECTIONS:**

1. In a blender or food processor combine all ingredients.

2. Blend until smooth!

**Fun Fact:**

Kale is rich source of dietary fibers, vitamins A, K, B9 & C & minerals such as calcium, iron & magnesium. It also contains omega 3 fatty acids.