



GINGERY KALE SMOOTHIE

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INGREDIENTS

- 1 banana, peeled and broken in chunks
- 1 cup frozen mango chunks
- 2 cups kale leaves
- 1 cup Greek yogurt, plain, low-fat
- 1 cup 100% orange juice
- 1 slice fresh ginger

INSTRUCTIONS

In a high-speed blender, combine the banana, mango, and kale leaves. Add the yogurt and orange juice and toss in the ginger. Blend on high until thick and smooth, stopping to scrape down the sides of the blender once or twice. If necessary, add a little water to thin. Pour the smoothie into tall glasses and serve cold.

Makes 2 servings

CALORIES 286

PROTEIN 18 G
TOTAL FAT 4 G
SATURATED FAT 2 G
CARBS 50 G

FIBER 4 G
TOTAL SUGARS 34 G
ADDED SUGARS 0 G
SODIUM 69 MG