



Serving For: 2

Simple | Healthy | Delicious

## Apple Kale Smoothie

### INGREDIENTS

- 2 medium carrots
- 1 cored apple
- 2 cups baby kale
- 1 Tbsp. of freshly grated ginger root
- 1 Cup water or liquid of choice
- 2 Tbsp Probiotic Protein Booster
- ½ Cup ice



### DIRECTIONS:

1. Combine all ingredients in a blender and blend until smooth.