

# “Final Summer Hurrah” Smoothie

Yields: 1 serving | Time: 5 minutes | Protein: ~30 grams

## Instructions

1. Add all ingredients to a blender.
2. Blend the ingredients together and add more liquid as needed.
3. Add any remaining liquid if desired and blend again until completely smooth, about 10-15 seconds.
4. Serve and enjoy!

## Ingredients

- ½ cup of frozen blueberries
- ½ cup of frozen pineapple
- ½ cup of plain Greek yogurt
- 1 tbsp of chia seeds
- 1-2 handfuls of kale or spinach
- ¼-½ cup of plain kefir, milk, or water
- ¼ tsp of vanilla extract
- ½ of a banana (optional for added sweetness)
- ½ tbsp of cacao powder (optional for added iron content)

## Grocery List

### Produce

- Kale or spinach
- Banana (optional)

### Freezer

- Frozen blueberries
- Frozen pineapple

### Dairy

- Plain Greek yogurt
- Plain kefir or milk

### Baking

- Chia seeds
- Vanilla extract
- Cacao powder (optional)