

# **Kale, Peanut Butter and Banana** **Smoothie**

*Delicious!!!*

2 cups Lightly packed, chopped kale leaves, stems removed

$\frac{3}{4}$  cup Unsweetened almond milk, any milk you like

1 Frozen banana

$\frac{1}{4}$  cup Greek yogurt

$\frac{1}{4}$  cup Frozen pineapple pieces

2 Tbsp Peanut butter

1 to 3 tsp honey

Blend in blender. Add ice if wanted.