

Kale, cucumber and spinach smoothie



5 min.



224 kcal



SteviaSweet Crystal

Preparation

Put all the ingredients in a blender and mix until smooth. Blend with ice if you want a cold drink.

Ingredients for 3 servings

50 g	kale
200 g	Turkish yogurt
1/2 tbsp	SteviaSweet Crystal
100 g	fresh spinach
1/2	cucumber
1	banana
	ice (optional)

Nutritional information per portion

224	kcal
939	kJ
7.5	g Protein
23	g Carbohydrates
11	g Fat