



**CRAVING HEALTH**  
DIETITIAN & WELLNESS SERVICES  
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## TropiKALE Smoothie

Summer in a glass! This smoothie is sweet and refreshing, jam-packed with fruits and veggies, and will make you feel like you're sitting on a beach. It has all your favourite flavours of the tropics with a bunch of fresh kale hidden inside. Kale is a dark leafy green vegetable that belongs to the cruciferous family along with broccoli, cabbage, and cauliflower. It is a very good source of vitamins A, C, and K, as well as fibre. Smoothies are naturally low in calories and super filling to help you manage your weight in a healthy, nutrient-packed way.

Recipe makes 1 smoothie.

### Ingredients:

- ½ cup frozen mango
- ½ cup frozen pineapple
- ½ cup frozen coconut
- 1 cup raw kale, destemmed
- 1 tsp honey
- 2 tbsp Greek yogurt
- ½ cup milk or milk alternative
- A splash of water (if necessary)



### Directions:

Destem the kale by holding the stalk in one hand, the leafy section in the other, and pulling your hands away from each other. The leaves should pull right off the stalk.

Add all of the ingredients into a blender (except the water) and blend until smooth. If necessary, add a splash of water and continue blending.

Pour into a glass, add a straw, and enjoy!

**Tip:** If you're using fresh fruit, make sure to add some ice cubes to get a nice texture and to keep it cold for longer!

**Do you have a copy of our FREE Guide –  
5 Secrets for Healthy Eating Success?**

[www.cravinghealth.ca/5-secrets](http://www.cravinghealth.ca/5-secrets)

