

Smoothie

Breakfast

# Kale Yakult Smoothie



1 minute



3 minutes



1 serving size



1 bottle

## Ingredients

- 1 Cup of chopped kale
- 1/4 Cup of milk
- 1/2 frozen banana
- 1 **Yakult** bottle
- 1/4 Cup of frozen pineapple
- 1 tsp honey
- A handful of ice

## How to make it

1. Add all ingredients in a blender. Then blend and set aside.
2. In a serving glass, add your Kale Yakult smoothie, enjoy!

