

NYBG

EDIBLE ACADEMY FRESH FROM THE GARDEN TASTINGS



TROPICAL FRUIT AND KALE SMOOTHIE

Shared by Gianna Braca

Yield: 4 servings

Ingredients

- 3 large leaves curly kale, stems removed
- 2 bananas, peeled, cut into coins, and frozen for 2–3 hours or overnight
- 2 mangos, peeled and cut into cubes
- ½ cup 365 Everyday Value® Organic Coconut Milk
- 1 teaspoon 365 Everyday Value® Organic Mountain Forest Honey Light Amber (or orange blossom honey, if available)

365 Everyday Value® products are found exclusively at Whole Foods Market®.

Instructions

In a blender, add frozen banana coins and ⅓ cup coconut milk. Pulse several times. Roughly tear the kale leaves, add to the blender, and pulse again several times. Add mangoes, honey, and remaining coconut milk. Process until smooth.

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