## Kale, Blueberry-Strawberry and Honey Smoothie

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1 c kale
½ c blueberries
½ c strawberries
½ c plain yogurt
1 T honey
hing into the blender

## Directions:

- 1. Wash kale, place everything into the blender and blend until combined fully.
- 2. Serve and ENJOY!! ☺

Teacher Sign off:

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