

## Mighty-Making Green Monkey Smoothie

### Ingredients

- 1 cup cold water
- ¼ cup cup finger carrots
- 4 leaves of green kale, leaves peeled off
- 1 cup cucumber, skin on, cut into big chunks
- 1 cup (or one small) Granny Smith apple, cut into big chunks
- 2 tbsp instant sugar-free banana cream pudding (such as Jell-O)
- 1 packet (or ¼ tsp) stevia
- 1 cup crushed ice



### Instructions

1. Add water, then each ingredient, one at a time into a blender with its top on and the center hole open.
2. Blend; add crushed ice once all other ingredients are mixed together.
3. Serve immediately. Divide evenly for (2) 8 ounce servings or (1) 16 ounce serving.

Prep time: **10** minutes  
 Cook time: **0** minutes  
 Ready in: **15** minutes

Course: Breakfast or Snack  
 Serving size: **8** ounces  
 Yield: **2** servings  
 Calories: **89** calories per  
 8 ounce serving

Menu: 2- 8 ounce or 1- 16 ounce smoothie