# Kale Berry Protein Power Smoothie

*A refreshing high-protein smoothie blending fresh kale, mixed berries, and almond milk for a low-carb, nutrient-packed boost.*

**Servings:** 2 **Time:** 10 minutes

## Ingredients

- 1 cup fresh kale leaves, chopped
- 1 cup mixed berries (strawberries, blueberries, raspberries), fresh or frozen
- 1 scoop vanilla or unflavored protein powder (about 1 oz)
- 1 cup unsweetened almond milk
- 1/2 cup cold water
- 1 tsp chia seeds (optional for extra fiber and omega-3)
- Ice cubes (optional for extra chill)

## Instructions

1. Wash and chop the fresh kale leaves, removing thick stems.
2. Add kale, mixed berries, protein powder, almond milk, and cold water into a blender.
3. If using, add chia seeds and ice cubes for texture and chill.
4. Blend on high for about 30-45 seconds until smooth and creamy.
5. Taste and adjust consistency with a little more water if needed.
6. Pour into two glasses and serve immediately.

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