

# *Eat Your Heart Out Edibles* ♥

Personal Chef Service and Made-to-Order Bakery

*"Eat Hearty Without the Headache!"*



## *Chef Angela's White Bean, Avocado, and Kale Smoothie*

### **INGREDIENTS**

- ¼ cup white beans
- 1 cup kale, chopped coarsely
- 1 cup vanilla low-fat Greek yogurt
- 1 cup vanilla almond milk
- ½ cup ice
- 1 tsp. vanilla extract
- 2 tsp. maple syrup



### **DIRECTIONS**

- ♥ Blend, using a high-powered blender and mix until smooth

Compliments of Eat Your Heart Out Edibles

[eatyourheartoutedibles.com](http://eatyourheartoutedibles.com)