

# *Kalocado Smoothie*



## INGREDIENTS

- 1 small avocado peeled & sliced
- 1 banana
- 1 cup chopped kale
- 1 scoop protein powder  
( I recommend Kaizen brand because we sell it!)
- 1/2 cup vanilla greek yogurt
- 1 cup water (add more for a thinner consistency)
- Ice cubes

## PROCESS

Add all ingredients in a blender until a smooth consistency is achieved.