



Patrick Stark's Freezable Smoothie

Ingredients

- Strawberries 1 double handful
- Pineapple 1 double handful
- Kale 1 heaping handful, stems removed, torn into pieces
- Protein powder 3 scoops
- Water 1 cup, then more as necessary to blend all ingredients
- Stevia to taste
- Ice (if you're going to drink it right away)

Directions

1. Add fruit, vegetables, protein powder, Stevia, and one cup water to blender.
2. Blend 1-2 minutes or until kale is chopped into tiny pieces, adding water as necessary to incorporate all ingredients.
3. Once blended, pour into ice cube trays.
4. To make a smoothie any time, blend 6-8 cubes with water to desired consistency.