Ingredients

* 2 bunches kale leaves
* orange juice to taste
* 1 quart of plain yogurt
* ½ quart of strawberry yogurt
* 2 quarts of frozen strawberries
* 2 bunches of bananas (or 10 frozen bananas)

Procedure

1. First, blend the kale and orange juice until smooth (add water in small amounts if necessary).
2. Next, add yogurts and blend until incorporated.
3. Then, add the strawberries and bananas.
4. Blend thoroughly.
5. Repeat procedure until the ingredients are gone.
6. Pour smoothie into cups and serve chilled.