



INGREDIENTS

SERVES 1



1
XS Vanilla Protein Pod



1 Cup
Water



2-3 Leaves
Kale



1
Small Pear or Apple



3 Inch Piece
Cucumber



1/4
Avocado



1
Kiwi Fruit



6
Ice Cubes

ALL THE GREENS

with XS™ Protein Pods

PROTEIN PODS





XS PROTEIN PODS

PROTEIN POWDER TO GO!

Contains 20 grams of whey protein isolate and 4.4 grams BCAAs* to help build lean muscle mass.† The keto-friendly formula also contains 90 calories and is free from gluten, lactose and soy.

*Branch-Chain Amino Acids.
†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

BUST OUT

- Knife
- Cutting Board
- Upright Blender
- Corer
- Spoon

GET SOCIAL

Share your finished recipe pics with us @XSNation



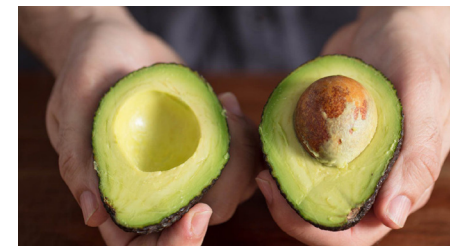
1 PREP THE APPLE/PEAR

- Using a corer or a knife, core the **apple** or **pear**, leaving the skin on.



2 PREP THE CUCUMBER

- Using a knife, cut a 3 inch piece off the **cucumber**.



3 PREP THE AVOCADO

- Slice the **avocado** in half around the pit. Remove the pit then cut one of the halves in half again.

TIP: Hold a sharp knife about 8 inches above the pit and firmly strike it near the heel of the blade. The blade should lodge in the pit, so you can twist the knife to loosen and lift it out. Finally, push the pit off the blade with your thumb.



4 PREP THE KIWI

- Remove the skin of the **kiwi**.

TIP: Cut off the ends of the kiwi, place a spoon near the edge of the skin and carefully position it between the skin and flesh of the fruit. Slide it around the fruit in a circular motion to dislodge the inner flesh. Try using a thinner spoon, as the thicker the spoon, the more flesh will be attached to the skin as you peel. After you've carved out a circle, the flesh should slip out easily from the sleeve-like peel.



5 BLEND

- Combine **all ingredients** into an upright blender, and blend till smooth. Server immediately.