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How to Make Kale Smoothies You Actually Want to Drink

Green smoothies don't have to taste overly healthy or bitter April 10, 2014 | 10:51 AM By Jess Novak, Special Contributor



You know they're good for you, but how do you make kale smoothies taste good?

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Everyone's still so excited about kale. Still! In its trendiness, kale is like the bacon of the vegetable world...

How to Make Kale Smoothies You Actually Want to Drink (Slideshow)

The truth is, this previously underappreciated vegetable is getting tons of attention for good reason: it's extremely nutritious.

One easy way to pop some kale into your diet is green smoothies. But if you've ever tried incorporating kale into

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your breakfast **smoothies** before, you know that it doesn't always work out exactly as desired. With its bitter, peppery flavor, it takes a little coaxing to get it to balance right in a beverage.

Learn how to make a smoothie.

Here are some tips to make kale a little more palatable:

Try Baby Kale

Smaller, softer, more tender: young kale is more expensive, but it's also a lot gentler. Baby kale may be a good fit if you're trying to coax a little more kale into your diet but you are not in love with the taste.

Freeze it in Advance

Even if it's only half frozen, the kale will be less pungent and taste less bitter. Plus, it helps makes the smoothie colder and it lasts longer — a win all around. You can de-rib it, rinse it, and throw it in the freezer, then grab as much as you want and stuff it right into your blender for a quick, healthy morning drink.[slideshow:

Steam or Blanch

Lightly steaming or blanching your kale can break down the cellular structure, potentially increasing its digestibility and your ability to absorb some of the kale's nutrients. Some medical professionals are worried about raw greens negatively affecting people with **thyroid conditions**, and steaming may help reduce this problem.

Start Small

If you're just starting out with green smoothies, consider wading instead of diving right into the deep end: toss some romaine in your blender and get used to a more vegetal taste for a week or two first, and just add a little bit of kale at a time to your smoothies.

Mask the Flavor

When you're first getting used to the kale, it's ok to go heavy on the extra-sweet fruits, such as pineapple and strawberries, in order to cover up the flavor a little bit. Almond, cashew, or peanut butter can help mask the flavor, while boosting protein, too.

The Tropical Kale Smoothie Recipe



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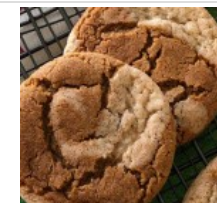
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Jess Novak is the Drink Editor of The Daily Meal. Follow her on Twitter [@jessthenovak](#)

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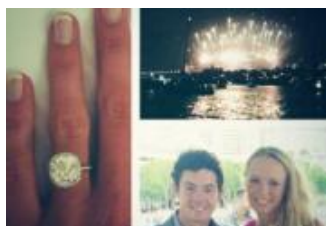
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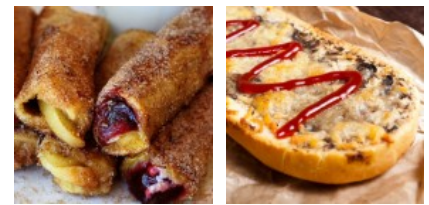
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