

Kale Smoothie with Pineapple & Banana

TOOLS and EQUIPMENT:

Blender

YIELD: 2 Servings

Ingredients

2 cups Kale, chopped

1.5 cups chopped pineapples

1 Banana

½ cups Coconut Milk or Water

Directions

Combine all ingredients in blender and blend until the mixture is smooth, adding more water to reach desired consistency.

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