



Tropical Kale Smoothie

Yield: 2-4 servings

Ingredients:

Can use fresh or frozen fruit

- 1 handful kale (lacinato or curly kale). washed
- 1 cup chopped pineapple
- 1 cup chopped mango
- 1 banana, cut in half
- 2 cups water, can also use coconut water or any other favorite non dairy beverage
- unsweetened coconut for garnish (optional)
- ice (if not using frozen fruit)

Directions:

1. Add all ingredients to a blender and blend until smooth and creamy.
2. Top with unsweetened coconut (optional)