



PINEAPPLE MINT GREEN SMOOTHIE



Ingredients

- 2-3 cups roughly torn kale
- 1 cup pineapple, frozen, fresh, or canned
- ½ cup coconut milk
- ½ cup fresh mint
- ½ cup fresh parsley
- 1 banana
- 1 avocado
- juice of 1 lime
- zest of 1 lime



Instructions

Servings
2

Time
10 mins

1. Prepare the fruits and leafy greens.
 - Zest the lime, then cut it in half and juice the insides.
 - Peel the banana, pineapple and avocado, then cut into rough chunks.
 - Wash the kale, mint and parsley. Tear the kale into rough pieces.

Note: This recipe works great with frozen pineapple, plus if you buy them pre-frozen they are already cut into chunks and peeled for you! Fresh, canned or frozen fruit, it's just up to your personal preference here.

2. Blend the smoothie.
 - Add all the ingredients to a blender and pulse blend for 10-20 seconds at a time until smooth.
 - Stir with a long spoon or spatula in between pulses, if necessary. Don't ever put your hands anywhere near the inside of the charged blender, for safety reasons.
 - Once fully blended, pour the smoothie into serving glasses and enjoy!