



**KALE & PINEAPPLE
GREEN SMOOTHIE**

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Serves: 2
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
171 kcal
11g Fats
34g Carbs
9g Protein



GF

DF

V

Q

N

WHAT YOU NEED

- 2 cups kale leaves, chopped
- $\frac{3}{4}$ cup (180ml) almond milk, unsweetened
- 1 medium banana
- $\frac{1}{4}$ cup coconut yogurt
- $\frac{1}{4}$ cup pineapple
- 2 tbsp. peanut butter
- 1 tbsp. honey

WHAT YOU NEED TO DO

Add all ingredients into a blender and blitz until smooth.

Serve immediately.