



Green Smoothie

Recipe courtesy of Bren Herrera

Ingredients:

1 cup curly kale with stem, chopped
1 cup spinach
½ Hass avocado
1 cup pineapple, chopped
½ banana
1 teaspoon ground fresh ginger
⅛ cup almonds
1 tablespoon vegan protein powder (vanilla flavor optional)
1½ cups almond milk or 2 tablespoons coconut oil
Ice
Splash of water

Method:

1. In a high grade processor or blender, add all ingredients. Pulse on high for 1 minute or until mixture is fully liquified. If you need to thin out, add some more coconut milk or water. Do this in batches if you have to, depending on the size of your processor.

Serves: single serve blender attachment