



Pineapple, Cucumber, and Kale Smoothie

Recipe Courtesy of Chef Jernard Wells

Yield: 2-3 servings

Ingredients

2 cups diced pineapple
1 cup diced cucumber
1 cup cleaned spinach
1 cup cleaned curly kale (stalk removed)
3 cups coconut water

Method

1. Add all of the ingredients to a blender and slowly pour in the coconut water until desired smoothie consistency is reached.