

KALE SMOOTHIE



Ingredients (for two smoothies)

- 300 ml coconut water
- 1 bowl roughly chopped kale
- ½ pineapple, peeled and with eyes removed
- 1 Gala apple

Preparation:

Put the coconut water, kale, pineapple and apple in a blender.

Blend until the texture is smooth (add a little more coconut water if it is too thick for your taste) and serve.

