

# Green Smoothie Recipes



## Kale Smoothie with Pineapple and Banana



Christopher Baker

Serves 2

Hands-On Time: 5m

Total Time: 5m

### Ingredients

- 1/2 cup coconut milk
- 2 cups stemmed and chopped kale or spinach
- 1 1/2 cups chopped pineapple (about 1/4 medium pineapple)
- 1 ripe banana, chopped

### Directions

1. Combine the coconut milk, 1/2 cup water, the kale, pineapple, and banana in a blender and puree until smooth, about 1 minute, adding more water to reach the desired consistency.

### Tip

For easy blending, place the liquid in the blender first, then the greens. Fruit and other vegetables should go in last.

### Nutritional Information

Calories 253; Fat 13g; Sat Fat 11g; Cholesterol 0mg; Sodium 38mg; Protein 5g; Carbohydrate 36g; Sugar 18g; Fiber 5g; Iron 3mg; Calcium 119mg