



Super Kale Smoothie

Ingredients

- 2 handfuls kale
- ½ avocado
- ½ lime, juice only
- 1 large handful frozen pineapple chunks
- 1 medium-sized chunk ginger
- 1 tbsp cashew nuts
- 1 banana, optional

Directions

- Put all the ingredients into a smoothie maker, add a large splash of water and blitz. Add more water until you have the desired consistency.