

# Green Pineapple Ginger Smoothie with Aloe

1 SERVING 5 MINUTES



## INGREDIENTS

1 cup Water  
1 1/2 fl ozs Pure Aloe Juice  
1/2 cup Kale Leaves (finely chopped)  
2 tsps Ginger (peeled and grated)  
1 cup Frozen Pineapple (chunks)  
1/2 Avocado (fresh or frozen)  
4 Ice Cubes  
1 tbsp Coconut Butter  
1/4 cup Vanilla Protein Powder

## DIRECTIONS

- 01 Add water, aloe, kale and ginger to a high-speed blender and blend until kale is pureed.
- 02 Add remaining ingredients and blend until smooth. Serve immediately.

## NOTES

### NO ALOE JUICE

Use fresh aloe leaf gel or coconut water instead.

### LIKES IT SWEET

Add raw honey to taste.

## NUTRITION

### AMOUNT PER SERVING

Calories	457	Potassium	806mg
Fat	26g	Vitamin A	3493IU
Carbs	40g	Vitamin C	94mg
Fiber	13g	Calcium	211mg
Sugar	18g	Iron	3mg
Protein	24g	Vitamin B12	0.6µg
Cholesterol	4mg	Magnesium	103mg
Sodium	86mg	Zinc	2mg