



Tropical Green Smoothie

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Prep 10 minutes



Makes 1.5L / Serves 4

400g peeled pineapple, roughly chopped
200g frozen chopped mango
90g kale leaves, stems removed, roughly chopped
8 ice cubes
60g raw almonds
450ml chilled coconut water

Method

1. Place ingredients into blender jug and secure lid.

 **GREEN SMOOTHIE / SMOOTHIE**
until program finishes.



Prep 10 minutes



Serves 1

150g peeled pineapple, chopped
100g frozen chopped mango
30g kale leaves, stems removed, chopped
300ml chilled coconut water
20g raw almonds

Method

1. Place ingredients into personal blender cup and secure blade assembly.

 **GREEN SMOOTHIE / SMOOTHIE**
until program finishes.