



Tropical Green Smoothie

Tropical Green Smoothie



Prep 10 minutes



Makes 50oz (1.5L) / Serves 4

2 cups (340g) peeled, chopped pineapple

1½ cups (220g) frozen chopped mango

*4 leaves kale (40g), stems removed,
roughly chopped*

2 cups (480ml) chilled coconut water

¼ cup (42g) raw almonds

Method

1. *Place ingredients into blender jug
and secure lid.*



GREEN SMOOTHIE / SMOOTHIE
until program finishes.



Prep 10 minutes



Serves 1

1 cup (170g) peeled, chopped pineapple

¾ cup (110g) frozen chopped mango

*2 leaves kale (20g), stems removed,
roughly chopped*

1 cup (240ml) chilled coconut water

2 tablespoons raw almonds

Method

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



GREEN SMOOTHIE / SMOOTHIE
until program finishes.