



Zesty Green Smoothie

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Prep 10 minutes



Makes 50oz (1.5L) / Serves 4

- 1 lime, peeled*
 - 2 kiwis, peeled, chopped*
 - 2 small Persian cucumbers, roughly chopped*
 - 2 leaves kale (20g), stems removed, roughly chopped*
 - 1 pear, quartered*
 - 2 cups (480ml) chilled coconut water*
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Method

- Place ingredients into blender jug and secure lid.*

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



Prep 10 minutes



Serves 1

- ½ lime, peeled*
 - 1 kiwi, peeled, chopped*
 - 1 small Persian cucumber, roughly chopped*
 - 1 leaf kale (10g), stem removed, roughly chopped*
 - ½ pear, chopped*
 - 1 cup (240ml) chilled coconut water*
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Method

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

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