

Banana Kale Smoothie

Measurements are a suggestion.

Mix to your liking of course!

Ingredients:

1 cup coconut milk
1/2 cup coconut water
2 cups baby kale
1 ripe banana (frozen)
1/2 cup mangoes (frozen)
2 tsp. fresh lime

AND if you have these
add-ons in the house:

2 Tbs. shredded coconut
1 Tbs. hemp seeds



Substitute any of your favorite "milk" bases (almond, hemp, quinoa, cashew, etc.) in for the coconut milk!