

Green Lemonade Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

- 1/2 Banana (frozen)
- 1 cup Frozen Pineapple
- 1 cup Kale Leaves (chopped)
- 3/4 cup Water
- 1/4 cup Lemon Juice (freshly squeezed)

DIRECTIONS

- 01 Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	156	Carbs	40g
Fat	1g	Protein	2g