

Green Pineapple Ginger Smoothie with Aloe

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Water
1 1/2 fl ozs Pure Aloe Juice
1/2 cup Kale Leaves (finely chopped)
2 tsps Ginger (peeled and grated)
1 cup Frozen Pineapple (chunks)
1/2 Avocado (fresh or frozen)
4 Ice Cubes

DIRECTIONS

- 01 Add water, aloe, kale and ginger to a high-speed blender and blend until kale is pureed.
- 02 Add remaining ingredients and blend until smooth. Serve immediately.

NUTRITION

AMOUNT PER SERVING

Calories	252	Carbs	32g
Fat	15g	Protein	3g