

Chef Murray's Energizing Green Smoothie



Ingredients

1 each	Banana (sliced into chunks, frozen is ideal)
250 ml	Pineapple chunks
250 ml	Green kale (washed, centre stem removed, chopped)
250 ml	Almond milk
¼ cup	Ice
To taste	Agave syrup or alternative sweetener

Method

Blend in your blender until smooth.
Adjust sweetness as desired.

Enjoy!

V1.1