Pineapple Banana Kale Smoothie Recipe:
Get your dose of vitamin C and iron to help boost your immune system with this easy and fast Pineapple Banana Kale Smoothie Recipe. Iron is a nutrient that is often low in individuals with celiac disease, pairing your iron source with vitamin C can increase iron absorption. More importantly, these two nutrients can help fight inflammation in our body and fight off infections. Not to mention, this recipe is also high in fibre.



Prep Time: 5 mines

Cook Time: /

Total Time: 5 mins

Servings: 2 glasses

Ingredients:

- 2 cups of Kale, stems removed
- 2 cups water
- 2 cups frozen pineapples
- 1 banana
- Juice of ½ lime
- 2 tablespoon chia seeds

Instructions:

1. Blend kale with water in blender until smooth
2. Add the remaining ingredients and blend until smooth
3. Pour it in glasses, and enjoy!
4. Sprinkle some extra chia seeds on top – optional

Tips:

- Instead of water, you can use coconut water or any other liquids of your choice. But be aware, if you choose to use milk and alternatives, the calcium inside milk and its alternative can lower iron absorption in the body.

- Instead of fresh banana, you can use frozen ones. The more ripe the banana is, the sweeter your smoothie.
- Instead of drinking your smoothie, turn it into a smoothie bowl. Pour your smoothie in a bowl and top it off with dried coconut, gluten-free chopped nuts, fruits of your choice and gluten- free granola.
- For some extra protein sprinkle some gluten-free hemps or chia seeds.

Calories	251 kcal	Daily value %
Fat	4 g	6.15%
Carbohydrate	51g	17%
Fibre	13 g	52%
Protein	9 g	-
Calcium	79 mg	7%
Iron	3.25 mg	23.21%

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