

## Green Apple Smoothie

PREP TIME	MAKES
5 min	4 servings

\* PLUS Cook time: 5 minutes

Start the morning right with this health-packed green apple smoothie. You can't even taste the kale. Promise.

### Ingredients

- 1 cup coconut milk , beverage (from 1 Tetra Pak)
- 1 tbsp extra-virgin coconut oil
- 2 cups fresh pineapple , diced
- 2 apples , peeled, cored and cut into pieces
- 2 cups packed baby kale
- 1 tbsp grated fresh ginger
- 1 cup ice cubes

### Instructions

Combine all ingredients minus ice in a blender. Process until smooth. Add ice cubes and pulse to crush, then run the motor until ice is fully combined.



PHOTO: MAVA VISNYEI

### Nutrition (per serving)

Calories 140, Protein 2 g, Carbohydrates 24 g, Fat 5 g, Fibre 3 g, Sodium 52 mg.

### Tip

Adding a bit of ice to this smoothie makes it seem like a slushie served for breakfast.

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