

Kale Smoothie



Ready in minutes

Serves 3

Ingredients

- 3 tablespoons Pineapple Crystals
- 4 tablespoons Kale Crystals
- 2 bananas
- 2 cups water
- Optional add-ins: maca powder, mushroom blend, etc.

Preparation

1. Load the blender with all ingredients, add water and blend.