



Green goodness

Get your day off to a great start with our Green Goodness recipe!

Ingredients:

1 cup (120ml) almond milk
1 cup (30g) baby spinach leaves
1 cup (70g) kale leaves
1-1/2 cup (140 – 210g) frozen pineapple chunks
1/2 ripe banana
1 apple

Directions:

Put all ingredients in a blender and blend until smooth.

Enjoy!

