

## **Leafy Green Smoothie**

Packed with kale and spinach, this green smoothie is flavored with a hint of lime and honey.

This Recipe Uses: JAWZ High Performance Blender

PREP TIME 10 mins

COOK TIME 0 mins

TOTAL TIME 10 mins

Makes: 4 servings

### **INGREDIENTS**

2 cups almond milk  
1 cup packed kale  
1 cup packed spinach  
1 cup pineapple chunks  
1 cup ice cubes  
2 pitted dates  
1 apple, cored and quartered  
1 banana  
1/2 ripe avocado, peeled and pitted  
2 tbsp lime juice  
2 tbsp honey

### **METHODOLOGY**

1. In JAWZ High Performance Blender, combine almond milk, kale, spinach, pineapple, ice cubes, dates, apple, banana, avocado, lime juice and honey. Blend on Speed 8 until smooth.
2. Divide evenly among 4 glasses.

**Tip:** Boost the smoothies with oats, chia seeds or flax seeds if desired.