



Tropical Green Smoothie

Uncategorized

source Lake Austin Spa Resort

INGREDIENTS

1 cup coconut milk

1/4 cup lemon juice

1 banana

1 granny smith, seed removed

2 cups frozen pineapple

1 tbsp Hemp Protein

1/8 tsp Himalayan salt

10 g peeled ginger

1.5 cup baby kale

DIRECTIONS

blend all until smooth

keep in fridge