

# Green Pineapple Ginger Smoothie with Aloe

7 ingredients · 5 minutes · 1 serving



## Directions

---

1. Add water, aloe, kale and ginger to a high-speed blender and blend until kale is pureed.
2. Add remaining ingredients and blend until smooth. Serve immediately.

## Notes

---

### No Aloe Juice

Use fresh aloe leaf gel or coconut water instead.

### Likes it Sweet

Add raw honey to taste.

## Ingredients

---

- 1 cup Water
- 1 1/2 fl ozs Pure Aloe Juice
- 1/2 cup Kale Leaves (finely chopped)
- 2 tsps Ginger (peeled and grated)
- 1 cup Frozen Pineapple (chunks)
- 1/2 Avocado (fresh or frozen)
- 4 Ice Cubes

## Nutrition

Amount per serving

<b>Calories</b>	266	Cholesterol	0mg
<b>Fat</b>	15g	Sodium	43mg
<b>Carbs</b>	34g	Vitamin A	3493IU
Fiber	10g	Vitamin C	94mg
Sugar	17g	Calcium	97mg
<b>Protein</b>	4g	Iron	2mg