

# ALMOND + KALE SMOOTHIE

SERVES (1)

This may sound like bummer, but it's incredibly delicious, satisfying and packed with nutrition. Simple too!

## INGREDIENTS

1 packed cup of kale leaves, ribs discarded and roughly chopped

1 cup unsweetened vanilla almond milk

1 tablespoons almond butter

1 tablespoon raw almonds

1-2 Medjool dates, pitted

1 tablespoon coconut oil or mct oil

Dash cinnamon

Add-ins:

Chia seeds pre soaked

Hemp seeds

Dash vanilla extract

## METHOD

Combine all ingredients in a high-speed. Blender and blend until smooth and drink immediately.