

# Piña Kale-ada Smoothie

**Source:** <http://www.rebootwithjoe.com>

**Serves:** 1 - 2

**Ingredients:**

- 1/4 pineapple
- 1 small orange, peeled
- 1/2 banana
- 4 kale leaves kale, (or giant handful)
- 1 cup/250 ml almond milk
- 1/2 cup/125 ml coconut water

**Directions:**

Put all ingredients into a powerful high-speed blender and blend until smooth.