



Kale Blend

Serves: 3 cups

Active time: 5 min

Total time: 10 min

Ingredients

1 cup chopped Kale, remove stem
¼ cup fresh mint
¼ cup fresh stevia (or other natural sweetener)
½ cup fresh pineapple, sliced
2 cups water
1 cup ice cube
½ tsp chia seeds



Directions

- Place all ingredients in the blender (except for chia seeds) and process.
- Serve immediately with chia seeds sprinkled on top.