



Serving For:	2
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Simple | Healthy | Delicious

Pineapple – Banana Smoothie

INGREDIENTS

3 Tbsp. Nature's Earthly Choice Flax Seeds

½ Cup ice

1 Cup coconut milk

2 Cups chopped kale

1 ½ Cups chopped pineapple

1 banana, sliced



DIRECTIONS:

1. Combine all ingredients in a blender and blend until smooth.