

Kalepina colada

Description

To not get stuck in my go to veggies, trying something different today! A kale pineapple smoothieâ€¦, I always thought the only way to make kale be tasty is in â€˜boerenkoolâ€™ a traditional Dutch dish with kale, potato & bacon. But turns out you can â€˜hideâ€™ it in more things and it will be good ðŸ™‚, Also I heard from my good friend Noucky from Nutri support, its good and tasty to roast kale in the oven and eat it as a substitute for potatoe chips. Im gonna try that somewhere in the future, will keep you posted!

For now.., letâ€™s honor the kale for all the good things it brings to the table or better said body: iron, antioxidants, vitamine c & k. Vitamine explosion in a smoothie, but then pina colada style.

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Ingredients for 1 smoothie

- Kale (big hand full)
- (Frozen) pineapple (small hand full)
- Coconut milk (1 cup)
- Half banana
- Flex seeds

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Directions

- If you have frozen pineapple put them in a bowl of very warm water. The water will turn cold fast and the pineapple will defrost .
- Put all the ingredients together (except seeds) in a blender and mix.
- Crush the seeds just before adding them. The crushing is because it digests better this way.
- And voila, ready to drink

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