Kalepina colada

Description

To not get stuck in my go to veggies, trying something different today! A kale smoothie…, I always thought the only way to make kale be tasty is in ‘boerenkool’ a traditional Dutch dish with kale, potatoe & bacon. But turns out you can ‘hide’ 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.., let’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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