



Zesty Green Smoothie

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Prep 10 minutes



Makes 1.5L / Serves 4

1 lime, peeled

5 kiwi fruit, peeled

1 English cucumber, roughly chopped

6 ice cubes

70g kale leaves, stems removed, roughly chopped

2 pears, quartered

350ml chilled coconut water

Method

1. Place ingredients into blender jug and secure lid.

 **GREEN SMOOTHIE / SMOOTHIE**
until program finishes.



Prep 10 minutes



Serves 1

½ lime, peeled

1 kiwi fruit, peeled, chopped

¼ English cucumber, chopped

20g kale leaves, stems removed, roughly chopped

1 pear, chopped

250ml chilled coconut water

Method

1. Place ingredients into personal blender cup and secure blade assembly.

 **GREEN SMOOTHIE / SMOOTHIE**
until program finishes.