

# Digestive Soothing Green Smoothie

Recipe by Joy McCarthy from Joyous Health

## Ingredients:

- 1 tsp of Fermented Aloe by New Chapter
- 1 cup cubed fresh or frozen pineapple
- Half a cucumber
- 1 banana
- 1 apple
- 1 cup chopped kale (dino or curly)
- 2 tbsp coconut butter
- Cashew milk or any non-dairy milk to consistency
- Optional: 1 scoop of your favourite protein powder

## Instructions:

1. In a high power blender, add aloe powder, pineapple, cucumber, banana, apple, kale, coconut butter, non-dairy milk and protein powder if using.
2. Blend on high for 30 to 60 seconds until fully blended.
3. Enjoy immediately or refrigerate up to 3 hours.

## Notes:

Serves 1 generously.