

Banana-Avo-Kale with a Twist

Recipe by Elaine Brisebois from Joyous Health

JOYOUS HEALTH

Ingredients:

- 2-3 leafs of Lacinato Kale de-stemmed (feel free to use another variety if you choose)
- 1 small ripe banana (Note: important that it's ripe as this is where the sweetness comes from!)
- ½ a ripe avocado scooped out of the flesh
- Approx. ½ inch piece of ginger
- Juice of ½ a lemon
- ¼ cup of canned coconut milk (or ¾ cup of coconut milk in a carton – in this case only add ½ cup of water below).
- 1 cup of water

Instructions:

1. Blend all ingredients in a high-speed blender, serve it up and enjoy!