

Kale & Apple Smoothie

What you'll need:

| Main ingredients | Fresh/ frozen | Store cupboard |
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| <ul style="list-style-type: none">40g Purition Mac & Vanilla/Vanilla | <ul style="list-style-type: none">200ml milk (we used almond)60g curly kaleJuice of ½ lemon½ apple or banana (optional) | <ul style="list-style-type: none">1 tbsp maple syrup (optional) |

Method:

1. Add all of the ingredients to your blender
2. Blend for at least 45 seconds, or until smooth
3. Pour into a glass and enjoy!

Serving suggestion:

Add ice if you prefer a cooler/ thicker consistency

Need it to be lower-carb? Swap the banana for a handful of frozen berries

