

Cashew Kale Smoothie

Get in your greens and satisfy your sweet tooth anytime of day with this delicious smoothie!

Ingredients

¼ cup raw Cashews
½ cup Water
2 ripe Bananas
6 Medjool Dates, pitted
1 teaspoon Pure Vanilla Extract
1 cup Kale (stems removed) or Spinach leaves, packed
2 ½ cups Ice Cubes

Topping

Raw shredded unsweetened Coconut (optional)

Special Equipment

Powerful Blender

Preparation

Blend cashews and water until cashew milk is formed. Add bananas, dates, kale, vanilla and ice and blend until smooth. Add additional ice cubes if needed. Pour into serving glasses and top with shredded coconut.

Serves 2

*This smoothie is best served cold and icy.