

Avocado Super Smoothie

Ingredients:

- 1 whole avocado
- 1 cup of torn kale leaves, no stem
- ½ cup organic blueberries
- ½ cup fresh pineapple
- 1 cup of organic baby spinach
- ½ sliced cucumber
- 1 cup unsweetened coconut water



Directions:

Pour coconut water into blender. Add the avocado, kale, blueberries, pineapple, spinach and cucumber. Cover with lid and blend until smooth. Pour into two glasses and serve immediately.

Recipe by Erin at Health Nut News