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# Green Smoothie

## Description

This smoothie is nutritious and filling enough to serve as a meal replacement or alongside your favorite breakfast items.

Total time: 15 min Yield: 4 Servings

## Ingredients

1 1/2 cup coconut water  
1/2 cup plain yogurt  
1 Tbsp agave nectar  
2 cup fresh pineapple (cubes)  
4 kiwis (skin off)  
2 apple bananas (ripe and peeled)  
2 cup kale  
1 cup cucumbers  
2 cup ice cubes

Prep Time: 15 min Total Time: 15 min

## Instructions

First, place the coconut water, yogurt and agave nectar into a blender and puree. Then add the pineapple, kiwi, apple bananas, kale, cucumber and ice cubes and blend until smooth. Pour into glasses and serve. This yummy smoothie is packed full of antioxidants!

## Recipe brought to you by:

Chef Ryan Covert

## Source:

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