

Sweet Green



Ingredients

2 cups kale

2 cups spinach

1 apple (quartered)

1 -2 pitted dates

1 cup pineapple chunks

1 tsp hemp seed, chia seed or turmeric (optional)

Directions

Blend all ingredients together, I used pineapple juice instead of fresh pineapple. Other liquids you can use if using fresh or frozen pineapples are coconut water or plain water.

Enjoy!