

# Pineapple, Kale, Coconut Oil

\*from [simplegreensmoothies.com](http://simplegreensmoothies.com)

*Coconut oil has some amazing health benefits such as increasing metabolism and endurance— which is great if you workout or are running after little ones all day. Serves 2*

## Ingredients

- 2 cups kale
- 2 cups water
- 2 cups pineapple
- 1 banana
- 2 TBSP coconut oil

## Directions

1. Blend kale, water, and coconut oil until smooth.
2. Add the remaining ingredients and blend again.

\* Use at least one frozen fruit to make the green smoothie cold.

