

**BREAKFAST**  
Exclusive Recipe

## **Turbo Charged Smoothie** Vegan

- 2 handfuls kale
- ½ avocado
- Juice of ½ lime
- large handful frozen pineapple chunks
- 1 inch chunk ginger, peeled
- 1 tbsp cashew nuts
- 1 banana, optional



Put all of the ingredients into a bullet or smoothie maker, add a large splash of water and blitz. Add more water until you have the desired consistency.