



Ingredients:

- 1 handful of finely chopped, washed kale (stems removed) (approx 1/2 cup)
- 1 handful of blackberries (approximately 1 cup)
- 1 whole banana, sliced
- 1 handful of strawberries, sliced (approximately 1 cup)
- 1 date, pitted
- Approx. 1 Cup coconut water (or 100% juice, or water)



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Add all of the vegetables and fruit to the blender.

Add coconut water until it is halfway up the fruit you have added to the blender. You can use dairy or non-dairy milk, juice, or even water.

Whatever fruit you have on hand will work for this recipe, so experiment and enjoy!

Once all of the ingredients have been added to the blender, liquefy until the mixture is smooth.

Serve the smoothie in your favorite tall glasses. This will become your kid's favorite drink!