



Kale Grape Mint Smoothie

Ingredients

- 1 C filtered water
- 2 C curly kale
- 1 C mint leaves
- 2 tsp finely grated lime zest
- 4 whole limes
- 6 C seedless green grapes
- 1 medium avocado
- 4 C ice cubes

Instructions

1. Add all ingredients to blender and blast on high for 60 seconds or until smooth.