

Food Babe's Pineapple Grapefruit Hari Shake

Prep Time:	Cook Time:	Total Time:	Serves:
10 mins	0 mins	10 mins	1



<https://foodbabe.com/the-green-smoothie-that-made-the-news>

Ingredients:

- 2 cups kale
- 2 large stalks celery, chopped
- ½ cucumber, chopped
- ⅓ grapefruit
- 1 cup frozen pineapple
- 6 ounces filtered water

Instructions:

1. Wash all vegetables thoroughly and place into a large bowl.
2. Add 6 ounces of water into a blender with celery, cucumber, and grapefruit.
3. Blend for 30 seconds until just incorporated.
4. Add all other ingredients and keep blending for another 30 seconds – 1 minute.

Notes:

- Makes 1 serving – Sip slowly and drink with intention immediately after or store up to two days.
- Tip: I like to add protein powder and 1 tbsp of Chia Seeds for a meal replacement shake or after a workout.
- Please buy all organic ingredients if possible