



## Avocado Kale Smoothie

2 servings

5 minutes

### Ingredients

- 1 Avocado (small, or 1/2 large)
- 1 cup Kale Leaves
- 1 cup Oat Milk
- 1 cup Coconut Water
- 2 tbsps Hemp Seeds (divided)
- 2 tbsps Ground Flax Seed
- 1 cup Frozen Mango
- 2 tbsps Almond Butter
- 2 Pitted Dates

### Directions

- 1 Add half your hemp hearts to a blender with all other ingredients. Blend until smooth and creamy. Add additional milk to thin if you find it's too thick!
- 2 Pour into glasses and top with remaining hemp hearts. Enjoy!

### Notes

- No Oat Milk?**, Use any dairy-free milk substitute (almond, cashew, hemp, coconut)
- No Coconut Water?**, Use filtered water or additional milk
- No Kale?**, Use any leafy green