

## Pineapple Smoothie

Servings 1

1/2	apple, cored and chopped
½ to 1 cup	frozen pineapple
¾ cup	water or coconut water
1 cup	baby kale
1 to 2 teaspoons	lemon juice
½ to ¾ inch knob	fresh ginger
1 teaspoon	chia seeds (optional)

Blend all ingredients in a high-powered blender. Blend until smooth, adding additional water until the smoothie is the texture and consistency you enjoy.

**Reference:** [www.eatingbirdfood.com](http://www.eatingbirdfood.com)