**Kale and Banana Shake**

**Preparation time: 5 minutes**

**Cooking time: 15 minutes**

**Serves: 2**

**Ingredients:**

250g kale

1 large or 2 medium bananas

500ml water

40g raw cashews

3 tbsp honey

1 cup of ice

1 tsp vanilla extract

**What to do:**

1. Add the kale, cashews, ice and water in to a juice blender and blend well.
2. Pass liquid through a sieve then pour back in to the juicer (clean any pulse out first)
3. Now add the banana, vanilla and the honey blend till smooth then pour into a large glass.

For more information please contact **The Little Big Voice** on (0) 208 338 0188 or email [pressoffice@thelittlebigvoice.com](mailto:pressoffice@thelittlebigvoice.com)