






SUPER GREEN BLEND

 GF, VGN  10 mins  2 large / 4 small drinks



Ingredients

- 1 green apple
- 1 lebanese cucumber
- 1 large handful of baby spinach
- 1 handful of kale (about 6 small leaves)
- 1 stick of celery
- ½ a pear
- 1 cm piece of fresh ginger, grated
- ½ fresh lime, squeezed
- ½ a cup of water
- 1 cup of ice



Method

1. Add all the ingredients, apart from the ice, into a blender (leafy greens first as they seem to blend best if they are closest to the blender blades).
2. Blend all the ingredients until combined.
3. Add in the ice and pulse the blender a few times (I find adding the ice in after the first blend keeps it a bit cooler and more textured).
4. Pour into glasses and serve.
5. Drink up.. get that green goodness into you!

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