

A close-up photograph of a glass jar filled with a thick, pink smoothie. The jar is in the foreground, slightly out of focus. In the background, a white colander with circular holes is filled with fresh, bright red strawberries. The lighting is soft and natural, highlighting the texture of the smoothie and the freshness of the fruit.

**STRAWBERRY &
GINGER
SMOOTHIE**

STRAWBERRY & GINGER SMOOTHIE



Serves: 1
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
324 kcal
24g Fats
22g Carbs
7g Protein



WHAT YOU NEED

- ¼ cup (60ml) almond/coconut milk
- 2-3 handfuls spinach leaves
- 10-12 strawberries
- ½ avocado
- 1 tsp. fresh ginger, grated

WHAT YOU NEED TO DO

Blend the spinach and milk until smooth, then add the remaining ingredients and blend again until smooth and creamy.