



**VERY GREEN
SMOOTHIE**

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Serves: 2
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
154 kcal
2g Fats
31g Carbs
5g Protein



GF

DF

V

Q

WHAT YOU NEED

- 2 cups (60g) baby spinach
- ½ cucumber
- 2 celery sticks
- handful parsley
- handful mint
- 1 apple
- ½ orange, juiced
- ¼ lime, juiced
- ¼ lemon, juiced
- 2 pineapple rings

WHAT YOU NEED TO DO

Place the ingredients in a blender (you can leave the skins on the apples and cucumber) and puree, adding water or ice as needed.