

Green Green Smoothie

Ingredients

1 apple
celery 2 sticks
baby spinach 70g
or kale, stripped
of its stalks
avocado 1/2
ginger 2cm piece
peeled
parsley small handful
lemon juice 3 tbsp
2 cups water
1 tbsp Dr Schulzes
superfood or 1 tspn
Pukka Clean Greens

Method

Blend all these ingredients together.

Great for breakfast as an energy booster and enough leftover to put in shaker cup throughout the day. You can also double the quantity which I often do in order to use a whole avocado, and keep in the fridge for 2 days.

Serving Suggestions:

fab for breakfast or to have on-the go