



Triple Green Smoothie

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Prep 10 minutes



Makes 1.5L / Serves 4

2 bananas, chopped

1 Lebanese cucumber, roughly chopped

50g baby spinach

30g kale leaves, stems removed, roughly chopped

2 green apples, chopped

½ lemon, peeled

2 celery sticks, roughly chopped

600ml chilled coconut water

Method

1. Place ingredients into blender jug and secure lid.

 **GREEN SMOOTHIE / SMOOTHIE**
until program finishes.



Prep 10 minutes



Serves 1

1 small banana, chopped

½ Lebanese cucumber, roughly chopped

20g baby spinach

10g kale leaves, stems removed, roughly chopped

1 small green apple, chopped

¼ lemon, peeled

½ celery stick, roughly chopped

250ml chilled coconut water

Method

1. Place ingredients into personal blender cup and secure blade assembly.

 **GREEN SMOOTHIE / SMOOTHIE**
until program finishes.