



Green Smoothie Blast

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Prep 10 minutes



Makes 50oz (1.5L) / Serves 4

- 1 orange, peeled, quartered*
 - 1 medium green apple, quartered*
 - 1 Persian cucumber, chopped*
 - 1 cup (160g) seedless green grapes*
 - 2 cups (50g) baby spinach leaves*
 - 1½ cups (360ml) coconut water*
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Method

- Place ingredients into blender jug and secure lid.*



GREEN SMOOTHIE / SMOOTHIE
until program finishes.



Prep 10 minutes



Serves 1

- ½ orange, peeled, quartered*
 - ½ medium green apple, chopped*
 - ½ Persian cucumber, chopped*
 - ½ cup (80g) seedless green grapes*
 - 1 cup (25g) baby spinach leaves*
 - ¾ cup (180ml) coconut water*
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Method

- Place ingredients into personal blender cup and secure blade assembly.*



GREEN SMOOTHIE / SMOOTHIE until
program finishes.