



Triple Green Smoothie

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Prep 10 minutes



Makes 50oz (1.5L) / Serves 4

2 bananas, chopped

1 Persian cucumber, roughly chopped

2 cups (50g) baby spinach leaves

*4 leaves kale (40g), stems removed,
roughly chopped*

1 medium green apple, chopped

1 stalk celery, roughly chopped

½ lemon, peeled

2 cups (480ml) 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 Persian cucumber, roughly chopped

1 cup (25g) baby spinach leaves

1 leaf kale (10g), stem removed, roughly chopped

½ medium green apple, chopped

¼ stalk celery, roughly chopped

¼ lemon, peeled

1 cup (240ml) chilled coconut water

Method

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

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