

WHO DARES SLIMS - RECIPE

Superfood Smoothie



Tips

Basic rule: 60% liquid 40% fruit & veg

If you prefer a lighter smoothie, just add more water!

For a very smooth smoothie; after blending the spinach with the water, sieve the liquid to remove any fibres.

If you're feeling naughty, add a second banana.

Ingredients

- 500ml -750ml of cold water
- 100g baby spinach
- 1 green apple
- 1 ripe banana
- 2 teaspoons honey
- 1 teaspoon of ground flaxseed

Preparation

1. Blend the spinach and 90% of the water in a blender on a high setting. You want the liquid to be as fine as possible.
2. Add the banana, apple, flaxseed and honey and blend again until smooth.
3. Add remaining water until it reaches your preferred consistency.
4. Enjoy!