

Garden Fresh Green Smoothie

Ingredients

- 1 handful fresh spinach or kale, washed
- ½ cucumber, chopped
- 1 green apple, cored and sliced
- ½ ripe banana (for natural sweetness)
- 1 tbsp fresh mint or basil leaves
- Juice of ½ a lemon or lime
- 250ml cold water or coconut water
- 3–4 ice cubes (optional)
- 1 tsp chia seeds or flaxseeds (optional, for extra fibre)



Directions

1. Blend the Ingredients
2. Add all ingredients to a blender.
3. Blend until smooth and creamy.
4. Adjust Consistency
5. Add more water if needed for a thinner smoothie.
6. Serve & Enjoy
7. Pour into a glass and enjoy immediately for maximum freshness and nutrients!