

# **Green Smoothie**



**apple** (1)

**banana** (1)

**celery** (handful)

**cucumber** (half)

**grapes** (handful)

**spinach** (2 handfuls)

**ginger** (size of a dice)

**lemon** (add juice from half a lemon)

(add some water at the start to help it all blend)

# **Fruit Smoothie**



**strawberries** (handful)

**banana** (1)

**apple** (1)

**grapes** (handful)

**apple juice** (2 cups)

(add as much juice as you need, you could try Cranberry Juice)