

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)