

Vitamin Packed Power Smoothie



Ingredients

SERVES 1

- 50ml of Apple Juice (not from concentrate)
- 1 Avocado, skin and stone removed
- 1/2 Cucumber
- 60g Curly Kale
- Juice of 1 Lime
- Thumb sized piece of Ginger, peeled

Method

1. If possible, have all ingredients cold from the fridge before prepping - this will produce a chilled and refreshing smoothie!
2. Add all ingredients to a powerful blender. If your blender is not that strong, remove the outer skin from the cucumber and chop up the avocado before adding to blender.
3. Blend on high for 30 seconds to 1 minute or until smooth.
4. Pour into a tall glass and enjoy!