



# SUPER GREEN POWER SMOOTHIE



**PREP TIME**  
5 MINUTES



**COOK TIME**  
0 MINUTES



**MAKES**  
1 PORTION

## INGREDIENTS

### You will need:

Blender  
Knife  
Chopping board

A handful of either kale,  
spinach or beet greens

Juice of a quarter of a lime  
or lemon

1 kiwi, handful of berries or  
portion of pineapple

Half an avocado or green  
banana

A sixth of a cucumber or 1  
stick of celery

200ml of unsweetened  
coconut, almond, oat milk

Additional water  
(depending on the  
consistency you like)

5 sprigs of parsley or mint  
(optional)

1 scoop of plant-based  
protein powder (optional)

## METHOD

1. Add all listed ingredients into your blender
2. Blitz for 30 seconds until smooth
3. You can add more water for preferred consistency
4. Enjoy immediately or pop in the fridge for later

## SERVE

Shaken and chilled

## CAUTION!

Side effects can include; unusually high energy,  
excessive smiling. Don't forget that an increase in  
fibre may cause possible bowel movements

## TOP TIP:

TRY TO ADD MORE VEGETABLES THAN FRUIT!