



WATER CRESS SMOOTHIE

A simple, nutrient-dense watercress smoothie suitable for general wellness, iron support, and digestive health.

 5 minutes

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 1 portion

INGREDIENTS

- 1.5 cups, chopped of watercress, raw [51 g]
- 1 small unit [4" long] of pepper, banana, raw [33 g]
- 1/2 cup, chunks of pineapple, raw, traditional varieties [83 g]
- 1 unit yields of lime juice, raw [44 g] **or** 1/2 unit yields of lemon juice, raw [24 g]
- 1 cup of nuts, coconut water [liquid from coconuts] [240 g] **or** 1 cup [8 fl oz] of spring Water [252 g]
- 1 oz of seeds, chia seeds, dried [28 g]
- 5 slices [1" dia] of ginger root, raw [11 g]
- 1/2 tbsp of honey [11 g]

COOKING METHOD

- 1° Add the liquid to the blender first.
- 2° Add watercress, fruit, and any optional ingredients.
- 3° Blend for 30–60 seconds until smooth.
- 4° Serve immediately.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [372 g]	% DRI
ENERGY	70 kcal	261 kcal	13 %
FAT	3 g	9 g	14 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	6 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	43 mg	159 mg	7 %
CARBOHYDRATE	11 g	42 g	14 %
SUGARS	5 g	20 g	–
FIBER	3 g	13 g	51 %
PROTEIN	2 g	8 g	–