



GREEN SMOOTHIE

Try this green smoothie recipe for a delicious, alkalising start to your day.

🕒 5 minutes

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🍴 1 portion

INGREDIENTS

- 1 cucumber
- 1 cup of kale, raw (21 g)
- 5 stems of fresh mint
- 1 tsp of ginger, minced or 2.5cm piece fresh
- 1/2 avocado
- 1.25 cups of coconut water
- juice of 1 lime
- 1 tbsp of chia seeds,
- 1 tbsp flaxseed (optional)
- 1 tbsp of flaxseed oil (optional)
- 1/2 granny smith apple

COOKING METHOD

- 1° Place all ingredients in a high speed blender and mix until smooth, adding a little filtered water if needed for consistency.
- 2° Note This green smoothie satisfies all nutritional needs. It's full of healthy fats from the avocado and flaxseed, hydrating electrolytes from the coconut water fiber from the apple and vitamins from the lime and kale.

NUTRITIONAL INFORMATION

| | PER 100 g | PER PORTION (882 g) | % DRI |
|------------------------------|-----------|---------------------|-------|
| ENERGY | 62 kcal | 549 kcal | 27 % |
| FAT | 4 g | 35 g | 53 % |
| FATTY ACIDS, TOTAL SATURATED | 0 g | 4 g | 21 % |
| CHOLESTEROL | 0 mg | 0 mg | 0 % |
| SODIUM | 39 mg | 347 mg | 14 % |
| CARBOHYDRATE | 7 g | 57 g | 19 % |
| SUGARS | 3 g | 24 g | — |
| FIBER | 2 g | 22 g | 87 % |
| PROTEIN | 1 g | 11 g | — |