

FRUITY POWER, TASTY REFRESHMENT

## GREEN SMOOTHIE



Food blogger @sallyswelt has the perfect energy boost for you! Just grab some grapes, pineapple, spinach and ginger – and prepare yourself a fresh and healthy smoothie to set yourself up for the day.

### INGREDIENTS

- » 40 g ginger
- » 400 ml water (up to)
- » 1 handful of spinach
- » 1 handful of grapes
- » ½ a pineapple
- » 1 banana

**METHOD:**

- 01.** Peel the ginger with the back of a knife or a small spoon. If you only use a little you won't really taste it, so the more you use, the spicier the smoothie will be.
- 02.** Blend the ginger and water. Start with 200 ml, and add a little more later if you need to.
- 03.** Add the spinach and blend again.
- 04.** Then add the grapes and pineapple and blend well until smooth.
- 05.** You can either drink the smoothie right away or pour it into a bottle. If you put the smoothie in a cool place you can enjoy it throughout the day.
- 06.** Be sure to shake it before drinking. Having said that, it's always best if drunk when freshly made.

**ENJOY!**