

APPLE LUSH: SMOOTHIE 1

Makes: approximately 300ml



YOU NEED

½ green apple, cored • ½ red apple, cored • 1 celery stick
½ yellow capsicum • 1 handful of spinach • ½ fennel
1 handful of kale • ½ lemon, peeled • 1 thumb-sized piece of ginger • ¼ cucumber

Add all the ingredients to the blender with 100ml filtered water. Whizz until smooth then pour into a plastic sieve set over a jug or bowl. Help the juice through with a rubber spatula or wooden spoon.

Full of vitamins including A, C, B and B6, this also contains a high amount of folate, which helps your body to repair DNA.

ⓑ *Blood regulating* ⓐ *Anti-inflammatory* ⓓ *Hydrating*

