

## SPINACH BOOST: SMOOTHIE 3

*Makes: approximately 250ml*



### YOU NEED

- 1 celery stick • 2 handfuls of baby spinach
- 1 small bunch of parsley •  $\frac{1}{3}$  pineapple, cut into chunks

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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 antioxidants, this will give you an overall boost to your health.

Ⓥ *Vitamin enriching* Ⓜ *Rejuvenating* Ⓜ *Anti-inflammatory*

