

KICK-START-ME SMOOTHIE



MINUTES TO PREPARE

5



MAKES
3 glasses

INGREDIENTS

1/2 orange, peeled
1 medium carrot, peeled and roughly chopped
1 slice pineapple, peeled and core removed, roughly chopped
1 handful baby spinach, washed
1cm fresh ginger, peeled and roughly chopped
1 celery stalk, roughly chopped
200ml water

You will need a measuring jug and Nutribullet or juicer.

LET'S GET BLITZING

- 1 Place all the ingredients in the Nutribullet and blend until smooth.
- 2 Pour out into a glass and serve chilled.

"My main pillars for my recipes are that they have to be healthful, effortless and taste delicious. This recipe totally nails the first two but I have to be honest and say that it isn't one of the tastiest. However the pineapple and orange add sweetness and the ginger adds a nice gentle kick. See it as a magic potion and definitely worth the investment. Jase, who can be very honest (read critical) with his feedback says it's really good, I like it. It's got a good zingaling. Give it a go and see what you think!"