

OAT, NUT, SPINACH, CARROT, APPLE, PEAR & ELDERFLOWER SMOOTHIE



MINUTES TO PREPARE

3



SERVES

2

INGREDIENTS

- 1/2 apple**, skin on and core removed
- 1/2 pear**, skin on
- 1 carrot**, grated and roughly chopped
- 1 handful spinach**, washed
- 1 handful mixed nuts**
- 2 tablespoons oats**
- 1 teaspoon elderflower cordial (optional)**

You will need a Nutribullet or juicer.

LET'S GET BLITZING

- 1 Place all of the ingredients into the juicer and blitz until smooth. Enjoy cold.

This will hold in the fridge for a day but please note that the colour will dull down. Simply shake it well before drinking.

"When I feel like I've fallen off the healthy eating wagon, I make a fruit and vegetable smoothie to reset my body as I find it does the trick. I can go for days craving yellow food, and as soon as I've had one of these smoothies it is like a mindset reset. I won't have one every day, or even every week. Just once in a while to realign my body and mind, as it makes me then crave healthful foods instead. Sometimes a simple reset is all that is needed."

The elderflower is to add sweetness. Add as much or as little as you like"