



GILL'S SMOOTHIE

A specially blended smoothie

Hälsa Smoothie Series

Green Smoothie



HÄLSA
wellbeing

Ingredients

- 150ml water
- 50g spinach leaves
- 1 banana
- 1/2 cucumber (add more for taste if required)
- Crushed ice - optional

Method

- Put all the ingredients into a blender and blend for at least 1 minute until smooth

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