



GREEN SMOOTHIE

A vibrant and nutritious smoothie

Hälsa Smoothie Series

Green Smoothie



Ingredients

- 150ml water
- 50g spinach leaves
- 1 small tin of pineapple (or 100g fresh pineapple)
- 1 small tin of mango (or 100g fresh mango)
- 1/2 slice of lemon with peel
- Crushed ice - optional

Method

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

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