



Green Smoothie Blast

Green Smoothie Blast



Prep 10 minutes



Makes 1.5L / Serves 4

1 orange, peeled, halved

1 green apple, quartered

½ English cucumber, roughly chopped

200g green seedless grapes

7 ice cubes

60g baby spinach

450ml chilled coconut water

Method

1. Place ingredients into blender jug and secure lid.

 **GREEN SMOOTHIE / SMOOTHIE**
until program finishes.



Prep 10 minutes



Serves 1

½ orange, peeled, halved

1 green apple, chopped

¼ English cucumber, chopped

100g green seedless grapes

20g baby spinach

220ml chilled coconut water

Method

1. Place ingredients into personal blender cup and secure blade assembly.

 **GREEN SMOOTHIE / SMOOTHIE**
until program finishes.