

Spring Green Smoothie



Serves 1

1 medium green apple, deseeded
½ cucumber, peeled
1 stick celery, chopped
½ lime, juiced
½ lemon, juiced
1 tbsp fresh ginger, peeled and chopped
100g kale (stems discarded) or spinach
250ml water/ coconut milk or water
1 tbsp mixed seeds (eg. flax, sunflower, pumpkin, sesame, hemp, chia)

Place all ingredients in a high-speed blender and mix on high for 20-30 seconds, until all the ingredients are well blended. Can be served with ice to chill further. Drink immediately.

the nutrition bit.....

Full of phytonutrients like gingerols in ginger which are anti-inflammatory and calming on the gut and polyphenols like flavonoids in celery which are powerful antioxidants and help to reduce inflammation. Celery may also support our memory and have neuro-protective properties AND it contains both calcium and Vitamin K to support bone health which is vital as we age. Apples contain fibre including pectin which works as a prebiotic to promote the growth of healthy bacteria in our guts. This smoothie is high in Vitamins A & C both antioxidants and great for skin and immune health. Vitamin C also helps us absorb the iron in this smoothie. Iron is particularly important in peri-menopause when periods can be heavy.