

APPLE'S WEEK

GREEN APPLE SMOOTHIE

Ingredients (for 2 people)

1 green apple peeled
Juice of 1 grapefruit
6 large romaine lettuce leaves
1 cup (250 ml) water
1/2 banana
1 cm fresh ginger passed
through garlic press

Preparation:

Put all the ingredients in a blender until completely mixed and smooth.

Add a little more water if preferred more liquid.

