

DETOX SMOOTHIE AFTER THE HOLIDAYS

Ingredients (For 4 smoothies)

- 4 Golden apples
- 3 kiwis
- Juice of 1/2 lemon
- 3 kale leaves

Preparation:

Peel the apples and kiwis and chop into cubes.

Wash the three kale leaves and remove the central stalk.

Combine all the ingredients in a blender and blend to obtain a smooth texture (add some water if the smoothie is too thick for your taste), then serve.

