

DRINKS

FENNEL, APPLE AND GINGER SMOOTHIE



Ingredients (For 1 smoothie)

- 1/2 bulb of fennel, exterior removed
- 2 apples
- 2 kiwis
- 1 pinch ground ginger

Preparation:

Halve the apples and core them.

Peel the kiwis and chop them into large pieces.

Place the apples, kiwis and fennel into a centrifugal juicer.

Blend the juice with the ginger.

Serve well chilled.

