

Green summer smoothie, adapted from an Itsu recipe (serves 2)

This smoothie is a fantastic thirst quencher as well as being a satisfying snack. Avocado, full of vitamins and minerals, adds healthy fats and spinach contains a high proportion of vitamin C and magnesium. The added ginger provides a perfect punch and there is evidence to show that it has anti-inflammatory properties.



*Ingredients*

- ½ avocado, sliced
- ¼ cucumber, sliced
- 50g baby spinach leaves
- 1 eating apple, cored and sliced into chunks
- 15g fresh coriander
- 15g ginger (no need to peel)
- 250ml fresh apple juice

*Method*

1. Blend all the ingredients together with a handful of ice until smooth and pour into glasses. Enjoy!