THE LIGHTER PLATE METHOD

Green Apple, Spinach & Lime Smoothie

Crisp, cooling and properly refreshing rather than grassy.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**0 min**	**5 min**	**2**	**EASY**

Ingredients

- 2 green apples (cored and roughly chopped)
- 60 g baby spinach
- 1 lime
- 0.5 cucumber (roughly chopped)
- 250 ml coconut water
- 1 small handful fresh mint

Method

1. Blitz the spinach with the coconut water first, for 20 seconds, until no leaf fragments remain.
2. Add the apple, cucumber, mint and the juice of the lime.
3. Blend on high for 40 seconds until completely smooth.
4. Taste and add more lime if it needs sharpening, then pour over ice.

Tips & swaps

- Blending the leaves with the liquid first is what stops a green smoothie coming out speckled. Leave the apple skin on; it holds most of the colour and flavour.

Storage & reheating

Best drunk immediately.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
140	**2g**	**32g**	**0g**	**5g**

Estimated values, for guidance only.