THE LIGHTER PLATE METHOD

Overnight Prune & Orange Smoothie

A gentle, naturally sweet smoothie with a reputation for keeping things moving.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**0 min**	**5 min**	**1**	**EASY**

Ingredients

- 3 prunes (pitted)
- 1 orange (peeled)
- 1 medium slice papaya
- 1 glass mineral water
- 1 tbsp gluten-free oat bran

Method

1. Soak the prunes in the water overnight in the fridge.
2. The next day, blend the water and prunes with the orange and papaya (no skin or seeds).
3. Pour into a jar and stir in the oat bran. Drink first thing in the morning on an empty stomach.

Tips & swaps

- Good whenever things feel a little sluggish.

Storage & reheating

Best drunk fresh, the morning after soaking.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
140	**2g**	**32g**	**0g**	**6g**

Estimated values, for guidance only.