



Green Bullet Smoothie

- ½ cup baby spinach
- ½ cup chopped kale
- ½ avocado
- ½ green apple
- ½ cup fresh pineapple
- 1 kiwi fruit
- 1 tablespoon parsley
- 1 tablespoon chia seeds
- 1 tablespoon linseeds
- ½ cup filtered spring water



Optional Extras:

- 1cm piece of fresh ginger
- 1 garlic clove
- 1 raw egg
- 1 tablespoon Coconut Oil
- ¼ cup yogurt
- 1 tablespoon Kefir

Method:

Place all of the ingredients (including any of the optional extras) into your blender of choice and blitz them together until they form a smooth creamy texture.

Pour into your favourite glass and off you go... it's that easy

Note:

Adding in the raw egg turns this fabulous drink into a protein shake and the added coconut oil gives our body the good fats it needs. If using raw eggs just ensure they're coming from a reputable, organic farm.