

Green smoothie



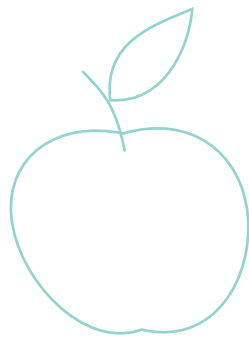
Makes 6 serves (1,710ml)

Ingredients

1/5 cucumber
4 stalks celery
2 handful spinach
1 medium orange
1 large green apple
4 strawberries
2 large bananas
500ml filtered water

Method

Combine ingredients in a food processor or thermomix



Sometimes it is easier to enjoy our nutrients in liquid form. This smoothie is a healthy mix of both fruit and vegetables. The vegetables help to dilute the sugar concentration from the fruit while providing extra fibre, vitamins and minerals. It is recommended that we eat a wide variety of different types and colours of fruit and vegetables; in this smoothie you can enjoy a mix of 7 different fruit and vegetables. This smoothie can add to your total of fruit and vegetables for the day – just remember to add 4 more serves of vegetables and 1 more of fruit!

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HBF Member Health Coach



Nutrition information

Servings per recipe: 6 | Serving size: 285 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	393 kJ	138 kJ
Protein	1.8 g	0.6 g
Fat, total	0.3 g	0.1 g
- saturated	0.0 g	0.0 g
Carbohydrate	18.0 g	6.3 g
- sugars	14.0 g	4.9 g
Sodium	36 mg	13 mg

Recipes provided by Leap Café Perth. Leap Café specialises in healthy, fresh, and nutritionally balanced food.

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