



Kiwi – ginger juice

5'
Hands on

0'
Cook Time

4-6
Portion(s)

1
Difficulty



Method

- Peel the kiwis and **cut** them into pieces.
- Cut the apple into 4 pieces and remove the seeds.
- Add them into the blender along with the ginger, kale, mint leaves, the cucumbers with their seeds, lemon juice, and water.
- Beat for 1-2 minutes until the ingredients are completely dissolved. If needed, add a little more water and beat again.
- Serve with ice and 1 kiwi slice in each glass.

Ingredients

- 4 kiwis, + extra slices, to serve
- 1 Granny Smith apple
- 20 g ginger, fresh
- 100 g kale, de-stemmed
- 1/2 bunch mint, fresh, only the leaves
- 2 cucumbers, large, peeled
- lemon juice, of 1 lemon
- 200 g water
- ice, to serve

Διατροφικός πίνακας

Nutrition information per portion

83 Calories (kcal)	1.8 Total Fat (g)	0.0 Saturated Fat (g)	11.0 Total Carbs (g)
4%	3%	0%	4%
10.0 Sugars (g)	3.3 Protein (g)	3.4 Fibre (g)	0.04 Sodium (g)
11%	7%	14%	1%