



# Spinach juice

5'

Hands on

0'

Cook Time

4-6

Portion(s)

1

Difficulty



## Ingredients

- 2 granny smith apples
- 80 g fresh spinach, only the leaves
- ½ bunch parsley
- 2 large cucumbers, peeled
- juice from 1 lemon
- 20 g fresh ginger
- 150 g water
- ice, to serve

## Διατροφικός πίνακας

## Method

- **Cut** the apples into 4 pieces and remove the seeds.
- Add the apples in a blender along with the spinach, parsley, the cucumbers with their seeds, lemon juice, ginger, and water.
- Beat until all of the ingredients are dissolved.
- Serve with ice.

## Nutrition information per portion

73 Calories (kcal)	1.6 Total Fat (g)	0.0 Saturated Fat (g)	11.0 Total Carbs (g)
4%	2%	0%	4%
9.9 Sugars (g)	2.8 Protein (g)	2.3 Fibre (g)	0.07 Sodium (g)
11%	6%	9%	1%