

Apple, Banana & Watercress Smoothie

If this is the first time you've made a green smoothie, start with a small amount of green leaves e.g. 5 to 10 g, then increase the amount gradually as you get more used to the greens. Feel free to follow these proportions and vary the ingredients with what you have on hand - you'll find that you develop your own favourite combinations. Makes about 1.7 litres which is enough for 2 adult portions or 4 child portions.

Ingredients

1 large apple, quartered, stem discarded
2 ripe bananas, peeled
5 to 50 g fresh watercress (see variations below)
1 fresh lime - juice of the whole lime plus ¼ of the squeezed lime including skin and pith
150 g kefir or natural live organic yoghurt (kefir has more probiotics)
30 g hemp seeds or linseeds or chia seeds or 1 raw organic free-range egg or 30 to 50 g nuts of choice
20 to 30 g agave syrup or Sweet Freedom or 15 g honey or 15 g palm sugar (optional)
½ sheet dried nori or 1 Tbsp dried seaweed pieces - an excellent source of minerals (optional)
150 g ice cubes
⅛ tsp sea salt or pink Himalayan salt - an excellent source of minerals
500 g water, divided 300 g and 200 g

Method

1. Add or weigh in all ingredients except the last 200 g water.
2. Blend 2½ minutes/Speed 10.
3. Add remaining 200 g water and mix 10 seconds/Speed 4. Add more water if you prefer.
4. Drink immediately for best nutritional benefits, or keep in the fridge for up to 24 hours in a clean glass bottle/jar with a lid or stopper.

Variations – Substitute any of the following for the watercress:

rocket
flat-leaf parsley
spinach
swiss chard
lettuce
kale
green outer cabbage leaves
wild greens, e.g. dandelion leaves or fresh nettle tops
a mixture of any of the above