

Our Morning Smoothie – Serves 3 or 4

Ingredients

4 tablespoons of organic flax seed
2 handfuls of kale or spinach
1 raw beetroot
1 raw carrot
1 stick celery
1 apple
Juice of a lemon
Knob of ginger (chopped)
2 handfuls frozen berries
Pinch of cinnamon
1 litre of water – possibly a bit more.
Banana – optional

Method

Add flax seeds to blender and blitz 10 seconds.
Add remaining ingredients and blitz for 1 minute.