



Green machine

Description

Another green delight in a glass. With a spicy kick from the ginger, and a sass from the lime. A well balanced smoothie to start the day. If you are in a hurry or don't have all the ingredients in the house, with a foundation of spinach, mango and water, you can add or leave out any of the ingredients below.



Ingredients for 2 glasses

- Frozen mango (handful)
- Banana (half)
- Spinach (big handful)
- Coconut water (small glass)
- Parsley
- Lime
- Ginger (thumb)



Directions

- Cut the ginger into small pieces. You can vary with the amount, depending on how fond you are of ginger. For more spice double amount of ginger.
- Put the mango, spinach, banana, coconut water, parsley in blender.
- Squeeze the lime (or lemon).
- Add the lime and ginger, and start blending
- Have a smooth ride!







