

Green smile smoothie

The rocket breakfast: quick, uncomplicated and with all the important vitamins and minerals needed to start the day.

Preparation time: 5 min. · Level of difficulty: very easy ·

Quantity

Ingredients for 2 people.

Ingredients

1 piece Avocado
3 piece Kiwis
1 piece Banana
1 piece Apple
1 tsp Fresh lime juice
100 ml Almond milk or water

Preparation

Peel the fruit, halve the avocado and remove the pit, scoop out the fruit and place in the blender. Puree until creamy, add water or almond milk as desired and divide among the glasses. Enjoy fresh!

Summer fresh: If you like it, chill the fruit in the fridge beforehand or use ice cubes instead of water.