



Green Smoothie with Parsley and Avocado

⌚ 5–10 Min   

Preparation

- 1 Peel the apple and kiwifruit. Cut the avocado in half, remove the stone and scoop out the flesh.
- 2 Place all the ingredients in a blender and finely blend.
- 3 Pour the smoothie into glasses and garnish with the celery.

Ingredients 4 Portions

♦ = Kotányi Produkte

1	Apple
1	Kiwifruit
1	Avocado, ripe
1 tbsp.	Olive oil
50 g	Baby spinach
150 g	Celery
600 ml	Green tea
2 tbsp.	Lemon juice
1 tbsp.	♦ Organic Parsley, Chopped
1 tsp.	♦

