

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.	