

# BRAIN BOOSTING GREEN SMOOTHIE

## INGREDIENTS

½ apple  
2cm fresh ginger  
2 handfuls spinach leaves  
Juice of ½ lime  
2 heaped tbsp bio live natural yoghurt  
½ tsp spirulina  
4-5 mint leaves  
150ml water

## METHOD

1. Roughly chop the unpeeled apple and ginger and put into a blender.
2. Add all the other ingredients and blitz until smooth.
3. Pour into a glass and serve immediately.

