



## Low carb Fruit smoothie \*

Serving: 1

Veg

### *Ingredients*

- Ice cubes 2-4
- 1/2 cucumber
- Han
- 1 tsp ginger
- Lettuce leaves 4-5
- 1 glass water

### *Preparation Method*

- Combine all of the ingredients in a blender and blend until smooth. Serve cold.