



## Plum apple smoothie

Serving: 1

Veg

### *Ingredients*

- -1 plum, deseeded
- -1 apple, cored
- -1 tsp lemon juice
- -1 medium carrot, chopped
- -1 cup water

### *Preparation Method*

- -Put all of the ingredients in a blender and whirl until smooth. Serve