



Gulp of Goodness

Serving: 1

Veg

Ingredients

- Serving - 1
- 2 tbsp mint leaves chopped
- 1 tbsp lime juice
- 1 frozen large bananas, slightly defrosted and chopped
- 1 tsp orange zest
- 1/2 tsp grated ginger
- 1 tsp soaked raisins

Preparation Method

- Place the mint leaves and lime juice in the blender. Add some of the bananas and blend to crush the mint leaves well. Add rest of the ingredients and blend well. Add water as needed. Pour into glasses and serve immediately.