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Serving: 1 Veg

## Ingredients

- -1 apple, deseeded and cubed
- -1/4 cup kale, OR Spinach (Remove the stems for smoother blending)
- $-\frac{3}{4}$  cup water
- -1 date seedless
- -1 tsp sesame seeds
- -1 cucumber
- - 4 parsley sprigs
- - pinch of black pepper powder
- -4 to 5 ice cubes

## Preparation Method

- -Put all ingredients into a blender and blend until smooth.
- -Pour into your favorite glass and enjoy!