



Apple kale smoothie

Serving: 1

Veg

Ingredients

- -1 apple, deseeded and cubed
- - $\frac{1}{4}$ 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!