

APPLE & SPINACH & PARSLEY SMOOTHIE

Ingredients for 5 servings (1 litre):

- 70 g of the PURENA ginger-lemonade concentrate
- 70 g of the PURENA apple juice concentrate
- 330 g of the PURENA apple purée
- 140 g of the PURENA peach purée
- 44 g of washed spinach
- 21 g of parsley
- 430 g of ice



DIRECTIONS:

1



Put fresh spinach and ginger lemonade concentrate in a blender.

2



Then add the apple juice concentrate and the PURENA apple and peach purée.

3



Add ice cubes and parsley.

4



Blend all the ingredients together.

Nutrition info:

100 g
62 kcal

1 serving
138 kcal

Consume the prepared smoothie within 24 hours. Store the opened PURENA packet in the refrigerator for 7 days.