



## Ingredients:

- 2 handfuls of rinsed spring greens
- 1 banana
- 1 cup of red grapes
- 1 cored pear or apple
- 2-3 tablespoons of walnuts
- Half to a cup of water

Add some serious pep to your step with this delicious, energising smoothie.

A perfect afternoon pick up

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Method:

Core the apple or pear and blend all ingredients in your blender

Use frozen fruit if you wish to help keep it cold

Pour into glass and enjoy