



Green Smoothie

Serves 2



Ingredients

- 1 large chunk of cucumber
- 1 large kale leaf, washed and stalk removed
- 2 tablespoons natural yoghurt
- 1cm chopped ginger
- 6-8 frozen mango cubes
- Juice of 1 lemon
- Water to top up blender

How to make it

Put all the ingredients into a blender and blitz until kale leaves are fully blended.