

Pear, Curly Kale, and Mint Smoothie

VITACRESS™

*Love the taste
Love your body™*

Preparation time: 5-10 minutes
Serves 2

Ingredients:

60g baby leaf curly kale
3 ripe pears
½ bunch of mint
350ml apple juice



Method:

Peel and core the pears then cut into rough chunks.

Put all the ingredients into a blender, reserving some apple juice. Blend until smooth. Add more apple juice to obtain desired consistency.