

## OUR RECIPE



## Watercress Smoothie

### INGREDIENTS

33g Watercress

23g Spinach

33g Banana

66 ml Pineapple Juice



### METHOD

1. Place all of the ingredients into a high speed blender
2. Blend until velvety smooth
3. Drink immediately or Keep chilled to enjoy later
4. Add grated nutmeg to taste

Thank you to The Watercress Company