

Watercress, Mango & Pineapple Smoothie

Serves 1

INGREDIENTS

35g watercress

25g spinach

50g frozen mango

145ml pineapple juice



METHOD

1. Place all of the ingredients into a high speed blender.
2. Blitz until velvety smooth.
3. Enjoy.



Thank you to The Watercress Company.

Serving Suggestion - drink immediately or keep chilled to enjoy later.