

DRINKS

APPLE AND CINNAMON SMOOTHIE

Ingredients (For 1 smoothie)

- 2 apples
- 1 lemon
- 1 orange
- ¼ cinnamon stick
- Hot water
- ½ tsp honey

Preparation:

Remove the stems from the apples, quarter them, and reserve a fine slice.

Zest the lemon and the orange, then cut the pulp into pieces.

Place the fruits in a centrifugal juicer, juice them, and reserve the juice.

To serve, pour the juice into a cup, filling it halfway.

Add the piece of cinnamon and the hot water to fill the rest of the cup.

Serve with a fine slice of apple.

