

DRINKS

TOMATO, BASIL, ONION AND PEPPER SMOOTHIE

Ingredients (For 1 smoothie)

- 250 g tomatoes
- 8 basil leaves
- 3 spring onions
- 1 red pepper
- Crushed ice
- Salt and pepper

Preparation:

Wash the tomatoes, basil leaves, onion and pepper;

Quarter the tomatoes.

Halve the pepper and core it.

Reserve one basil leaf.

Place the tomatoes, basil, onions and pepper in a centrifugal juicer.

Juice the vegetables to obtain a smooth, homogeneous mixture.

For it into a glass with the crushed ice.

Garnish with the basil leaf.

Season.

