



DRINKS

SPINACH AND CELERY SMOOTHIE

Ingredients

(For 1 smoothie)

- 2 bunches spinach
- 2 branches celery with the leaves
- 1 clove garlic
- 1 pinch powdered Cayenne pepper
- 15 cl water

Preparation:

Peel the garlic clove.

Separate the spinach leaves, eliminating the tough ones.

Place the spinach, celery and garlic in a centrifugal juicer to extract the juice.

Add the water and season with Cayenne pepper.