



Kale smoothie

Ingredients

100 g kale
1 banana
2 oranges
5 g ginger, according to taste
200 ml mineral water
50 ml orange juice

Preparation (serves 2 people)

First rinse the kale leaves properly and remove the stems. To ensure that the kale is a bit more tender, blanch the leaves. Peel the banana and cut it into pieces. Peel the oranges and remove the white skin carefully. Cut the oranges and the ginger into small pieces.

Place all ingredients in a blender and top up with the mineral water and orange juice. Blend for approx. 30 seconds.



To prevent foam from forming on the surface, add a few ice cubes before pureeing the fruit and vegetables. This recipe works just as well with a hand-held blender, of course!