



## Como en mi casa

### Green smoothie

For 4

#### *Ingredients:*

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- ½ - 1 cucumber
- 1 handful of spinach
- 1 handful of kale
- 1 avocado
- 1-2 apples and/or kiwi
- Juice from 1 lime/lemon
- 1-2 tsp. honey or natural sweetener
- 1 cm/ ½ inch of fresh ginger
- 1-3 cups of water

#### *How to:*

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- Put all the ingredients in a blender
- The amount of water depends on how thick or thin you want your smoothie – so start with the small amount and work your way up.
- Blend it all in the blender until creamy and smooth

Recipe from the Danish cookbook *Flow Food*  
by Tora Zophia Silverhøj (former Susana Mei Silverhøj)  
Get it here: [Flow Food - nem økomad på budget](#)



