



Green apple and coconut smoothie

https://youtu.be/oPX2_aKivSo

Serves 1-2

Ingredients :

- 2 cups baby spinach
- $\frac{3}{4}$ cup coconut milk
- 4 ice cubes
- 1 Granny Smith apple, chopped
- 1 lime, juiced
- $\frac{1}{2}$ cup fat-free yoghurt
- 1 sachet Selati sweetener or 1 Tbs Selati sugar, or to taste
- 2-3 mint leaves

Methods :

Start by making the green layer; in a blender, blend together spinach, $\frac{1}{2}$ cup coconut milk, ice, $\frac{1}{2}$ of the apple and the lime juice and half the sweetener. Pour into a glass.

Rinse the blender and then combine $\frac{1}{4}$ cup coconut milk, yoghurt, apple and mint the rest of the sweetener then blend until smooth. Served garnished with an apple slice and a sprig of mint.