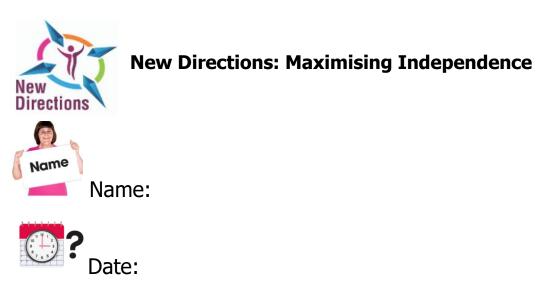
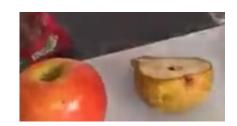


Making a Smoothie with Emer



You will need: Apple, Pear, Ginger, Cucumber, Grapes, Frozen fruit, Honey

- 1. You will need to peel and chop the apple.
- 2. Peel and chop the cucumber
- 3. Peel and chop the pear
- 4. Peel and grate the ginger
- 5. Put everything in a bowl. Add the grapes also









6. Wash the fruit, put in a sieve and allow the cold water to wash through.

7. Put all ingredients in the liquidiser.Add frozen fruit and blitz until smooth.

8. Taste to check if a little honey is needed





Enjoy

Don't forget to put the peels in the compost