

Apple and Ginger Smoothie

Ingredients:

2 Apples

Stem ginger (fresh or from a jar)

Apple Juice- amount depends on quantity to be made

Method:

Remove apple cores (and skin if desired) and chop into chunks. Add ingredients to blender. The amount of ginger used will depend on the volume of smoothie being made (e.g. if you are only making enough for a couple of glasses, too much ginger will be overpowering).

Blend ingredients until smooth.

This smoothie can be heated and will warm you up brilliantly!

