

Supergreen Sláinte Smoothie

Serves 2

by Rozanne Stevens



In celebration of St. Patrick's Day, I have concocted the greenest, most vibrant supergreen smoothie recipe. This is a version of nutritionanist-to-stars Kimberley Snyder's 'Glowing Green Smoothie'. Fans of the smoothie include Drew Barrymore, Owen Wilson and Vince Vaughn. 'Sláinte' is the Irish salutation used instead of 'cheers! It translates as 'health'-so perfect for our St. Patrick's Day Supergreen Sláinte Smoothie!

375ml cold water

1 head of romaine lettuce, or any green leafy vegetable

3 stalks of celery

2 apples, cored and chopped

1 banana

Small bunch of watercress

Small bunch coriander or parsely

Juice of ½ lemon

Method:

- Pour the water into a blender. Add in the romaine lettuce through the funnel and blend at a low speed.
- Add in the celery, apple and herbs, gradually increasing the speed.
- Add the banana and lemon last, blend well until smooth.
- Pour into a tall glass and enjoy.
- Sláinte!