Mint, ginger and apple smoothie



Apples make a great breakfast smoothie, the addition of ginger
and mint will really give you a boost, making a refreshing start to the day.

Enough for 2

- 4 sweet juicy eating apples
- 150 ml apple juice
- 3 cm ginger root
- 8 sprigs of garden mint or 'Berries & Cream''
- 2 tbs lime juice

Core the apples and chop coarsely, no need to peel, red skinned apples leave pretty red flecks in your smoothie.

Put half of the applesinto the blender or smoothie maker and whizz until smooth. You may need a little extra apple juice, it depends on how juicy your apples are.

Add the peeled sliced ginger, mint and lime juice and blend again.

Finally add the remaining apple pieces and whizz until smooth.

Serve garnished with a sprig of mint or some apple slices