








# Green Smoothie

## Ingredients:

SPINACH LEAVES	500 G
WASHED, DRAINED FLAT-LEAF PARSLEY, LEAVES ONLY	300 G
WATER	1 L

	Ingredients	Weight	Action	 Heat setting	 Speed	 Time	Lid opening	Comments
1	Spinach Parsley Water	500 g 300 g 1 L	Put in bowl	 70°C	2,000 rpm pulse	4 pulses		
2			Heat	 70°C	200 rpm	7 min		
3				–	Turbo	10 to 30 sec		The mixture must be very smooth.
4			Strain Remove pulp and cool immediately	–				Taste and adjust seasoning



### CHEF'S TIP

It is important to cool the smoothie as soon as it is made so as not to lose the colour.