

# Fresh Fruit and Ginger Smoothie.

## List of ingredients:

2 handfuls corn salad

1 ripe pear

1 ripe banana

1 Maracuja

1 finger's width fresh ginger

A little juice, or even  
healthier: water



Wash the corn salad well. Quarter the pear, banana, Maracuja and add them. Peel the fresh ginger, add it, and mix until creamy. This not only tastes good, it is also very healthy.

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