



BOSCH
Invented for life

Green Detox Smoothie

Ingredients:

- 1 handful fresh organic spinach
- 3 carrots
- 1/2 mango
- 1 banana
- 1/2 teaspoon turmeric
- 4 walnuts
- Ginger to taste
- 200 ml water

Preparation:

It's simple: Wash the spinach. Peel the carrots, mango, banana and ginger. Shell the nuts. Put all the ingredients, water and turmeric in the mixer and purée. Pour into a glass and enjoy!