

Summer Sunrise Smoothie



INGREDIENTS

1 medium orange, juice squeezed
1 medium green apple, cored
1/2 small ripe pineapple, peeled, cored
1 centimetre piece ginger, sliced
1/2 cup coconut water
1 cup ice cubes

METHOD

Place all ingredients in a high speed blender and blend until smooth.

Serve and enjoy!

Serves: 2

Prep: 10 mins

Recipe: Everyday Superfoods