

# Snack Smoothies

## INGREDIENTS FOR VEGETABLE AND FRUIT SMOOTHIE

- 1 apple.
- 1 medium cucumber.
- 1 small piece of ginger.
- 1 glass of plain water.

## INGREDIENTS FOR CARROT SMOOTHIE

- 1 carrot.
- 1 apple.
- 2 celery stalks, sliced.
- 1 glass of plain water.

## INGREDIENTS FOR FENNEL SMOOTHIE

- 1/2 fennel, sliced.
- 1 carrot.
- 5-6 mint leaves.
- 1 glass of plain water.

## PREPARATION TIME: 10 MINUTES

## PROCEDURE

- Blend.