

## Energizer



Perfect in the Morning!

- A little piece of ginger (be careful with the amount)
- A bunch of spinach
- An apple
- A pear
- A banana
- Salary
- Few leaves of parsley

The same sequence: Add some water to balance out the ingredients. If you like milder taste add some soy or oat milk. Blend until nice and smooth. Enjoy! ☺