



Lime Smoothie

For 2

Prep.time: 10 min

½ cucumber

3 cm ginger

2 cups orange juice

6 dates, remove the stone

100g mango frozen

½ juice of lime

Method:

1. Start by putting all the ingredients in the blender.
2. Remember to remove the stones from the dates, and to peel and cut the ginger.
3. Blend well.
4. Enjoy!