

Green Smoothie with Orange and Apple

(Recipe by Radha Sukhani)

Ingredients: Servings two glasses

- Fifteen to 20 almonds soaked overnight and washed
- One cup orange (seeds removed) cut into cubes
- One apple (medium size) core and skin removed and cut into cubes
- One cup packed greens – Combination of Spinach (Add other local greens
- Half cup fresh coriander and mint
- Two to three cups of cold water (depending on consistency)
- Himalayan pink salt or desi namak to taste.
- Pinch of toasted cumin powder
- Pinch of black pepper powder
- One tablespoon lemon juice or juice from one lemon.

Directions

- Add all ingredients in a high power blender and blend till creamy and smooth.
- Serve at room temperature or refrigerated. In hot weather add ice cubes after smoothie is blended well.