



Green smoothie with Belberry elderflower syrup



breakfast/snack



10 min.



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INGREDIENTS:

- 2 pears pitted and peeled
- 1 orange peeled
- 1 banana peeled
- 1 handful of spinach
- 240 ml or 8.11 fl oz of water
- ½ lime, peeled
- 10 mint leaves
- **4 tsp Belberry elderflower syrup**
- ¼ tsp hemp powder (optional)
- ¼ tsp maca powder (optional)

PREPARATION & PRESENTATION:

- Pour all the fruit with the water in a high speed blender and mix until smooth
- Add the spinach and blend again.
- Add the elderflower syrup and powders (optional) and blend until everything is well-processed.
- Enjoy a healthy way of starting your day

