



Greenie

Ingredients for 1 serving (0,4 l):

2 green apples, $\frac{1}{4}$ pineapple, 1 small piece of ginger (about 2 cm), 100 g baby spinach, $\frac{1}{2}$ lime, $\frac{1}{2}$ cucumber, 100 ml low-fat milk, **30 g Kölln® Oat Crispies Classic**

Preparation:

Peel the apples and remove the cores. Peel pineapple and ginger. Cut fruit into pieces. Wash the spinach, squeeze the juice of the lime, cut the cucumber into pieces and puree all ingredients in a blender until smooth. Pour into a glass and enjoy!

Preparation time: approx. 10 minutes