

Pineapple, Ginger & Spinach Juice



Serves 2

£1.85 per serving*

You'll need:

2 large tins of pineapple (*in juice not syrup*)
4 handfuls of baby leaf spinach
½ teaspoon of ground ginger or a good squidge of lazy ginger puree



How to do it:

Roughly chop your spinach and pop into a large jug then add your pineapple chunks along with their juice and your ginger.

Use a stick blender to create a thick smooth green juice.

Gradually add approx. 200mls of water to create the consistency that you prefer, blending gently to even out the ingredients as you go.

This juice will keep in the fridge for up to 2 days – just give it a good shake to evenly distribute the flavours before drinking.