

Smoothie verde proteic

Spanac	0.0 0	50.0 g
Telina apio	0.0 0	50.0 g
Frunze de patrunjel	0.4 legaturi	20.0 g
Mar	1.0 bucati	200.0 g
Morcovi	1.0 bucati medii	100.0 g
Castraveti	1.0 bucata mica	90.0 g
Ghimbir proaspat	0.0 0	10.0 g
Apa	0.8 pahar	200.0 ml
Cuburi de gheata		4.0 g
Lime verde	0.5 bucata	40.0 ml
Seminte de canepa	2.0 lingurite	40.0 gr

Mod de preparare

Spalati bine toate legumele, iar apoi adaugati-le in blender si mixati-le 2-3 minute.
Dupa ce s-au mixat bine, adaugati deasupra semintele de canepa.

Pofta buna!

Lista de cumparaturi

Diverse

Apa	200.0 ml
Cuburi de gheata	4.0 g

Fructe

Lime verde	40.0 ml
Mar	200.0 g

Legume

Castraveti	90.0 g
Frunze de patrunjel	20.0 g
Ghimbir proaspat	10.0 g
Morcovi	100.0 g
Spanac	50.0 g
Telina apio	50.0 g

Seminte

Seminte de canepa	40.0 gr
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