



Cold spinach soups

Ingredients (serves 1)

Apple, spinach, and fennel:

1/2 green apple

80 g spinach leaves

1 small piece of fennel (30 g)

100 ml water

2 teaspoons lemon juice

1 teaspoon extra virgin olive oil

Salt (omit in case of high blood pressure or liquid retention)

Black pepper

Courgette, spinach, and celery:

100 g courgette

50 g spinach leaves

1 celery stalk (50 g)

100 ml water

1 teaspoons sherry vinegar

1 teaspoon extra virgin olive oil

Salt (omit in case of high blood pressure or liquid retention)

Black pepper

Method

1. Wash vegetables and gently chop.
2. Blend all ingredients with liquids. Add salt and pepper to taste.
3. Serve well chilled.