

Delicious Winter Smoothie

Smoothies are a fabulous way to take your vitamins and nutrients, all packed into one glass. Try our delicious winter smoothie with the added goodness of our culinary linseed oil. This is also a great way of getting your kids to eat their greens - they won't even realise that they are doing their bodies so much good!

Ingredients: (serves one generous portion or two smaller ones)

- Three carrots
- Half an Apple
- Half an orange, peeled
- Half a boiled beetroot
- One celery stick
- Two large kale leaves
- 1 teaspoon of High Barn Oils culinary linseed oil

Simply:

1. Put all of the ingredients into your juicer or smoothie maker. Blend until smooth.
2. Serve in a glass and enjoy straight away.