

## Spicy green apple smoothie (vegan)

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(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true; po.src = 'https://apis.google.com/js/plusone.js'; var s = document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();
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Adele from Vegie Head shares some tasty vegan recipes.

### Ingredients

- 2 apples, cored and sliced
- 1 thumb-size piece of ginger
- ½ cucumber
- 1 cup spinach
- 2 cups filtered water

### Method

Add all ingredients to your high-powered blender and spice up your day!

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}); }