

# thorn melon & apple smoothie



Energizing green smoothie with nutritious powerhouse ingredients such as ginger, thorn melon and cucumber will have you feeling energized and refreshed!



## Ingredients

1 thorn melon

1 green apple

1/2 a tablespoon of grated ginger

1 cucumber

1/2 a tablespoon of orange zest

50g of plain yoghurt

3 tablespoons of honey

## Method

Add your plain yoghurt into the blender. Slice your thorn melon and core it into the blender too. Slice your apple and cucumber add these into the blender. Add your grated ginger and orange zest and blitz it for about a minute.

Stop and taste the smoothie and decide how much honey, if at all you would like to add to the smoothie. I added three table spoons. After another minute of blitzing, pour this into your glass and drink up!



SERVE WITH: o its own

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This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/thorn-melon-apple-smoothie/>