



DIY green herbal smoothie



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what you will need

- 1 apple (sliced)
- 1 orange (peeled)
- 250ml almond milk or milk of your choice
- 1 tbsp of lemon juice
- 1 tbsp of cold-pressed oil like hemp, primrose or rosehip oil
- 1 handfull of herbs like nettle, daisy, dandelion or violet

utensils

- mixer
- scale
- cutting board
- knife
- measuring cup
- 1 tablespoon





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let's start cooking :)

- cut the apple and orange into small pieces and mix in the blender
- add the lemon juice, almond milk and cold-pressed oil and mix again
- chop the wild herbs, put them in the blender and mix everything well
- enjoy

feel free to change up the recipe with different herbs, fruit or even vegetables

great work



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if you have **any more questions** about the toilet cleaner or anything related to my herbalist & farming life, feel free to reach out on

- **instagram** (@unmaskednature) or via
- **email** (kathi@unmaskednature.com)

you can find **more recipes** of mine on my blog on my **website** (unmaskednature.com)

happy creating,

Kathi

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