

## Shake Recipe: Detox Shake - few ingredients, quickly made!



**1 portion contains:** 197 kcal - 28 g protein - 7 g fat - 27 g carbohydrates

### Ingredients (for 1 person)

- 75 g apple pulp
- 30 g rocket
- 30 g watercress
- 50 g Almased
- 2 tsp linseed oil
- 1 tbsp lemon juice
- 150 ml mineral water, sparkling

## Preparation (5 minutes)

1. Dice the apple and puree finely together with the rocket and cress in a blender.
2. Add Almased, linseed oil and lemon juice and mix well.
3. Finally, top up with mineral water and serve.

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**Extra tip: 1 teaspoon of flea, chia or ground flaxseed per shake provides you with valuable fibre that naturally supports digestion.**

\* The shakes should be prepared with your individual serving size. See 'How to properly dose your Almased shake' for dosing instructions. Please keep in mind that this will also change the nutritional information of the shakes.