



## Tomato, banana, apple and lemon smoothie



**Time:** 10 min.

**Difficulty:** Easy

### Ingredients (4 people)

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- Tomato Juice 750ml 200 ml
- Apples 4
- Bananas 4
- Cane Sugar 1 Tablespoon
- Lemon juice from one big lemon
- Nutmeg 1 (grated)
- Soy milk 100 ml

**For this recipe we used:**



## **Preparation**

Clean all the ingredients and blend them with an electric mixer, gaining a very smooth liquid. Pour in 4 nice glasses and serve.