

Fruity Inulin Smoothie

Organic Inulin shot to fame after being featured in the BBC's 'How To Stay Young', with Angela Rippon. Inulin is recommended by experts to reduce health risks by increasing fat metabolism and aiding visceral fat loss.

- 1 banana
- ½ cup strawberries
- ½ cup raspberries
- ½ cup blueberries
- 1 carrot
- 1 tsp Greens Organic Inulin
- 1 sliver of ginger
- 1 cup apple juice

Blend together, pour into a glass and enjoy!