

Green Smoothie

Mix in a blender:

Mixed nuts & almonds

Linseeds

Avocados

Cucumber

Greens

Herbs (fresh basil gives an excellent taste, among others)

Yogurt*

[Kala namak](#) (black salt)

Salt

Heat up extra-virgin olive oil:

Add [hing](#) & black pepper

Mix with the smoothie

Garnish with:

Dry roasted cumin ([jeera](#)) / coarsely ground

Dry roasted [fennel](#) / coarsely ground

Lime

*By substituting yogurt with soya-yogurt, the recipe will be vegan.