



Super-Green Veggie Smoothie

A quick, easy recipe for a delicious smoothie brimming with nutrient-rich goodness.

Method

- To your blender, add 2 cups of leafy greens (spinach, kale, silverbeet/swiss chard etc.)
- Add another 2 cups of fresh raw fruits and vegetables (banana, apple, grapes, celery, carrot, etc.)
- Add half a cup of berries, such as blueberries, strawberries, raspberries etc.
- Add two heaped tablespoons or up to quarter-cup of raw walnuts, flax seeds, or chia seeds
- Add water, blend for 20-30 seconds, or until smooth.
- Enjoy!

