VILLAGE PILATES

MAKES
4

TOTAL TIME
10 MINS

COOK TIME
10 MINS

GREEN DETOX SMOOTHIE

INGREDIENTS

- 2 cups baby spinach
- 2 cups baby kale
- 2 celery ribs, chopped
- 1 medium green apple, chopped
- 1 cup frozen sliced banana
- 1 cup almond milk
- 1 tablespoon grated fresh ginger
- 1 tablespoon chia seeds
- 1 tablespoon honey

METHOD

1. Combine spinach, kale, celery, apple, banana, almond milk, ginger, chia seeds and honey in blender until smooth.
2. Serve immediately.

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Source: www.damndelicious.net