



GREEN SMOOTHIE

Vegan, easy to make, and jam packed with good fats and fibre, this delicious green smoothie is the perfect way to start your day!



EASY



10 MINS



NA



2

Ingredients

- 1/2 cup avocado
- 1 tbsp chia seeds
- 1/2 cup spinach or kale
- 1/2 cup lettuce, chopped
- 1/2 cucumber, chopped
- 1/2 cup honeydew, cubed
- 1/2 cup frozen pineapple
- 1 cup milk of your choice

Instructions

1. Simply add all of the ingredients into a blender, blend until you have a smooth consistency, and enjoy!