

# Green Smoothie



Get your greens in with this delicious smoothie. Vegan and dairy free, it's your ultimate breakfast – jam packed with good fats and fibre.

## **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 or pineapple core
- 1 cup any milk of your choice

## **Method:**

1. In a blender add all the ingredients and blend until you have a smooth consistency.