



Green Healthy Shake

SERVES 1 PREPARATION TIME 5MINS

INGREDIENTS

- ½ cup Water
- ½ cup Soy Milk
- 1 tbsp Chia Seeds
- 1 Date
- 1 Banana
- 1 pod Simpliigood Spirulina
- ½ tbsp Coconut Oil
- 7 leaves Lettuce
- 2 leaves Spinach
- 2 leaves Kale

METHOD

1. Put all ingredients in blender and mix well.

RECIPE SHARED BY

