

Detox Green Smoothie

Ingredients

2 cups Spinach
2 cups unsweetened almond milk
1 cup frozen pineapple chunks
1 banana
1 cup frozen berries
2 tbsp chia seeds: 65 calories

Optional: 2 tablespoons Flax Seeds

Method

1. Put flax seeds in blender first and blend to a powder.
2. Then add remaining ingredients and blend til smooth.
3. If using flax seeds, you may need to add some more almond milk.