

## Green Avo-licious Smoothie

Makes 2 large glasses

- 1 green apple
- 1 pear
- 1 full celery stalk (including leaves)
- 1 small cucumber
- 1/2 lemon (discard peel)
- 4 leaves kale (remove stalk and chop leaves finely)
- 3 sprigs mint leaves
- 1/2 avocado
- handful of ice cubes
- 2 tablespoons chia seeds
- 2 teaspoons wheatgrass powder



Put the apple, pear, celery, cucumber, kale, lemon and mint through a juicer. Place the juice in a blender with the ice, avocado, chia seeds and wheatgrass powder and blend until smooth.