



Banana Green Smoothie

Serving: 1

Veg

Ingredients

- Yellow banana, peeled- 1 big
- 1/2 cup water if required
- Spinach - handful leaves
- Soaked chia seeds 1 tsp

Preparation Method

- 1. Combine all ingredients in a blender and blend on high until the mixture is smooth.
- 2. Serve chilled