

C-2, HIRA MANEK, OPP BMC MARKET, BAPISTA ROAD Vile Parle (West), Maharashtra, India, 400056 +91-9820577553 eatfit24by7@gmail.com



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