**Green Yogurt Smoothie**

Prep time: 5 min Cook time: 0 min

**Ingredients:**

* 1 cup fruit (of your choice)
* 1 banana
* 1 tsp chia seeds
* ½ tsp flax seed powder
* 1 tbsp almond nuts
* 1 cup yogurt
* 1 cup spinach leaves
* 1 cup celery
* Honey to taste
* ¼ cup water

**Instructions:**

* Blend everything in a blender and serve chilled