



Kale Spinach Peach Green Juice

Overview

Difficulty Easy

Servings 1

Preparation Time 20 mins

Cooking Time 0 mins

Ingredients

- ½ Cup Kale with Stems Discarded
- ½ Cup Spinach with Stems Discarded
- 2-3 Stalks Parsley
- 2 Cups Peach
- ½ Slice Banana
- ½ Tsp Ginger
- ½ Tsp Honey
- 1 Cup Coconut Water
- 5 No.s Ice Cubes
- 1 Tbsp Chia Seeds

Methods

Step 1.

Soak Chia Seeds in water for 10 to 15 minutes.

Step 2.

Blend the above ingredients, except for the Chia Seeds in.

Step 3.

Pour Chia Seeds to the smoothie.

Step 4.

Add ice or water according to your preferred consistency.

Guten Appetit



Product Used

MightyMixx Blender

Create smoothies, crushed ice or sauces with the MightyMixx Blender. Its BPA plastic and Thermosafe glass also allows you to blend hot soups with peace of mind

