

Recipe – Apple Chia Seed Smoothie

Ingredients:

- 3 organic apples with skin on, cut in quarters
- 1 TBS chia seeds
- handful fresh peppermint or spearmint
- 4 leaves kale
- 2 – 3 cups of water

Directions:

Soak the chia seeds in one cup of water for at least an hour.

Blenderize all ingredients, using in all 2 – 3 cups of water, depending how thick you want it.