



## See Well Be Well Smoothie

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2 portions

### INGREDIENTS

1 cup of parsley leaves

1 stalk of celery

1 1/2 cups pineapple (fresh or frozen)

1 banana

2 tablespoons of chia seeds

1/4 teaspoon of micro algae (like chlorella/ spirulina)

Small piece of ginger (about thumb nail sized)

Juice of half a lemon

1/2 cup of full-fat coconut milk

1 cup of filtered water

Optional: 1 - 2 drops of stevia

### PREPARATION

Blend all the ingredients in a blender (high speed blender for best smoothness), pour in a glass or to-go mason jar and enjoy!