



Smoothie

Ingredients

- 125 ml vegetable juice
- 10 g chia seed
- 10 g hemp seed
- 1 tsp wheatgrass powder

Green body mix

Preparation

1. Pour 125 ml vegetable juice in a blender then add 10 g chia seed, 10 g hemp seed and 1 tsp wheatgrass powder.
2. Blend well and dilute the mixture if necessary with some lukewarm mineral water.

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