



1 p



5'



level 1



Smoothie

Ingredients

- 2 carrots
- 1 parsley root
- 3 cm ginger
- 1/4 lime
- 1 tsp wheatgrass powder
- 1 tsp lucuma powder
- 2 tsp baobab powder
- 1 tbsp chia seed

Parsley & carrot

Preparation

1. Place 2 carrots, 1 parsley root and 3 cm ginger in the juicer.
2. Squeeze one lime quarter and add to the carrot juice.
3. Add 2 tsp wheatgrass powder then stir in 2 tsp lucuma powder, 2 tsp baobab powder and 1 tbsp chia seed.

Hungry for more?

Find our delicious recipes on www.purasana.be or in our book **Become A Super Food Chef**.