



Smoothie

Ingredients

1/4 lime
 1 cucumber
 1 large stalk of celery
 2 handfuls of spinach
 2 tsp wheatgrass
 1 tsp vegetable stock
 1 tbsp chia seeds and/or hemp seeds
 Himalayan salt
 black pepper
 cayenne pepper
 paprika

Spinach & cucumber

Preparation

1. Squeeze one lime quarter and place the juice in a blender together with 1 cucumber, 1 large stalk of celery and 2 handfuls of spinach.
2. Add 2 tsp wheatgrass, 1 tsp vegetable stock (or the savoury nuts and seeds mix) and 1 tbsp chia seeds and/or hemp seeds.
3. Season with Himalayan salt, black pepper, cayenne pepper and paprika.
4. Blend everything briefly.
5. Season further if necessary.

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