



Smoothie

### Ingredients

1/2 fennel  
1 large stalk of celery  
1/4 lime  
2 handfuls of spinach  
1 tsp vegetable stock  
2 tsp barley grass powder  
1 tbsp chia seed  
pinch of Himalayan salt  
black pepper  
cayenne pepper  
paprika

## Fennel & spinach

### Preparation

1. Place 1/2 fennel and 1 large stalk of celery in the juicer.
2. Squeeze one lime quarter.
3. Place 2 handfuls of spinach in the blender. Add the lime juice, the fennel-celery juice, 2 tsp barley grass powder, 1 tsp vegetable stock and 1 tbsp chia seed.
4. Season with a pinch of Himalayan salt, black pepper, cayenne pepper and paprika.
5. Blend everything until smooth.
6. Season once again to taste.

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