



Alkalizing Green Smoothie

This smoothie is filled with lots of alkaline vegetables, vitamins and nutrients to help prevent inflammation.

2 servings

2 Tb chia seeds soaked in 1 of cup water for 30 minutes or overnight

2 cups chopped organic Swiss chard or spinach

1 cup chopped cucumber

2 stalks of organic celery

¼- ½ avocado

1 cored and chopped organic green apple

Juice of ½ organic lemon

1 small handful of parsley or cilantro (optional)

- Place the chia, water, romaine in the blender.
- Start the blender on low speed, and mix until smooth.
- Add the cucumber, celery and apple, lemon and parsley.
- Blend on high speed until smooth.