



CHLOË BOWLER  
complete wellbeing

### **GREEN SIMPLE JUICE**



#### **Ingredients (Makes 2):**

- 50g spinach
- 1 pear
- 1 apple
- 1 celery stalk
- 1 tsp chia seeds
- 1 tsp flax seeds

#### **Instructions:**

1. Push the spinach down to the bottom of the flask.
2. Core and de-seed the fruit and push in.
3. Chop the celery and add.
4. Sprinkle on a teaspoon of chia seeds and flax seeds.
5. Fill up to the line with a mixture of ice and water.
6. BLEND

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