

# GREEN SMOOTHIE

This recipe was inspired by one I came across in *Eat. Nourish. Glow* by Amelia Freer. I've put my own spin on it — but if you love fresh food, definitely check the book out!

## Ingredients:

- ½ cucumber
- A small handful of fresh spinach
- 1 ripe avocado, peeled and pitted
- About 6 fresh mint leaves
- Juice of 1 orange
- 1 teaspoon of chia seeds
- 250ml coconut water

## Directions:

- Add everything into a blender and blend until smooth. Pour into a glass and enjoy right away — refreshing, creamy, and packed with goodness.

*Enjoy!*

THE NEURO NUTRITIONIST

