

# **Green Living Smoothie**

**Green Living Smoothie (serves 1-2)**

**¼ pineapple**

**125 ml apple juice**

**½ banana**

**1 tablespoon HCW Barley Grass Powder**

**1 tablespoon HCW Wheat Grass Powder**

**1 tablespoon HCW Spirulina Powder**

**3 blocks ice**

**Mix all ingredients together well in a blender.**