



Healthy Smoothie Recipe

This is one of my favourite smoothies as it's not only good for you, but can help you to detox and lose weight if you drink it every day for a week.



Ingredients:

- 200ml almond milk (unsweetened)
- 1 apple
- 1 tablespoon raw honey
- 1 tablespoon flax seeds
- 1 tablespoon chia seeds

How to make:

1. Put all the ingredients in the blender and blitz
2. Drink straight away.

Why don't you experiment with different fruits and vegetables and find your favourite smoothie? It's an easy way to get the nutritional benefits of fruits and vegetables.