



Recipe for Greeny Sea Moss Smoothie



servings: 4
time: 20 Minuten
degree of difficulty: easy

Ingredients		Preparation:	
3 tbsp	Magdas Nature's Treasures Sea Moss Gel	1	Sort out spinach leaves and wash thoroughly.
100 g	young spinach leaves ("baby spinach")	2	Peel bananas and cut into pieces. Wash apples and cut into pieces.
2 -3	bananas, small	3	Place all ingredients (except for the Sea Moss Gel) in the blender and blend to the desired consistency.
2	apples, small		
30 g	almonds, gemahlen		
3 tsp	peanutbutter		Add Magda Nature's Treasures Sea Moss Gel and blend again until smooth.
150 g	Yogurt as desired		

Discover more recipe ideas and workshops on :

www.magdasfoodprogramme.com

Email: info@magdasfoodprogramme.com