



# Indigo Herbs Natural Health Guide

## Green Goodness Smoothie



### Ingredients

- Handful of spinach
- 1 kiwi
- 1 lemon (juiced)
- ½ small melon
- 1 tsp wheatgrass powder
- ½ tsp spirulina powder
- Apple juice

### Method

Pile your ingredients into a food processor or smoothie maker and blend together for a fresh, green treat packed with B vitamins and protein.