

Apricot-Banana-Mango Smoothie with Chia Seeds

Recipe Collection

Serves 2 ∼ Vegan ∼ Gluten Free



Ingredients

- ✓ 1-2 fresh ripe apricots
- ✓ 1 ripe banana
- ✓ ½ cucumber, peeled and seeded
- ✓ 1 cup frozen mango chunks

Preparation

Combine all ingredients in a blender and mix well.

- ✓ 1 Tbsp. chia seeds
- ✓ 1 cup cold strong brewed green tea
- ✓ 1 2 tsp. maple syrup (to taste)