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**Talise Greens**



## Ingredients

1 kale leaf  
2 parsley stalks  
1/2 small celery stalk  
1 dash lemon juice (about 1 shot)  
3 slices cucumber with skin  
1 Romaine lettuce leaf  
1/2 cup baby spinach  
1/2 teaspoon olive oil  
1 pinch sea salt or rock salt  
1 teaspoons Sacha Inchi protein powder  
250ml still water crushed ice

## Preparation

- 1 Blend all ingredients with water and crushed Ice.
- 2 Serve immediately.

## Cooks Note

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