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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