



# GREEN APPLE SMOOTHIE WITH CHIA SEEDS



## QimiQ BENEFITS

- Creamy indulgent taste with less fat
- Enhances the natural taste of added ingredients
- Quick and simple preparation



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easy

## INGREDIENTS FOR 1 2 PINTS

**125 g** QimiQ Classic, room temperature

**300 g** Apple(s), peeled

**100 g** Celery

**50 g** Spinach

**100 g** Kiwi , peeled

**250 ml** Water

**50 ml** Lemon juice

**20 g** Sugar

**15 g** Chisa seeds

## METHOD

1. Place the ingredients together into a mixing beaker and blend smooth using an immersion blender.