



Avocado & Carrot Smoothie For 2 Prep.time: 10 min

1 avocado

1 carrot

2 tsp chlorella

¼ cucumber

1 handful frozen spinach

2 cups pear juice

Accessories:

Blueberries, peanuts, baby carrots

Method:

1. Start by putting all the ingredients in the blender.
2. Blend well.
3. Enjoy!