

Nāri AārogyamTM

SPIRULINA SMOOTHIE



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INGREDIENTS

- 3 tbsp. rolled overnight soaked oats
- 12 Almonds
- 1 glass / cup of water
- Juice of two oranges
- 1 tbsp. flaxseeds
- 1/2 tbsp. chia seeds
- 1 tsp spirulina
- 1 chopped apple
- Extra chia seeds for topping.

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PROCESS

- Blend all things very nicely until combined & mixed.
- Pour into glass & drink.

