

Allergy & Asthma Relief Smoothie

Ingredients

- 1 cup filtered water
- 1 medium banana
- 1 cup spinach packed
- ½ cup frozen blueberries
- 1 medium orange
- 1 tablespoon chia seeds
- 1 tablespoon flax seeds
- 3-4 ice cubes



Directions

1. Add all ingredients in a high-powered blender.
2. Blend until smooth.
3. For a thinner smoothie, add a little more water.

