

pudding a la Green

Ingredients:

2 cups fresh squeezed orange juice
2 handfuls of baby spinach
1 ripe banana
2 Tablespoons of soaked chia seeds

Blend all ingredients in the [Vita-Mix](#) until smooth. For extra thickness, stir in another 2 Tablespoons of soaked chia seeds and allow to set slightly.
Serves 1 or 2.