



**Ingredients**

- ✓ 2 – 3 leaves Swiss chard
- ✓ 10oz bag fresh or frozen blueberries
- ✓ A few ice cubes
- ✓ 2 ripe bananas
- ✓ 1 ripe pear, peeled and cored
- ✓ 1 cup almond milk
- ✓ 1 Tbsp. chia seeds

**Notes:**

- Discard or save for another use the stalks of the Swiss chard.

**Preparation**

Place all ingredients in Vita-Mix or other blender; and pulse until smooth.