

# Cape Gooseberry Detox Green Smoothie

Yield: 1 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/south-african-cape-seed-bread-recipe>

## Ingredients:

- 18 cape gooseberries
- 2 bananas
- 1 cup soy milk
- 1 tablespoon chia seeds
- 1 bunch spinach