



### **HealthWell Autumn Smoothie**

1 med baked sweet potato  
1-2 carrots  
1-2 celery stalks  
1 1/2 c almond milk  
1/2 tsp honey  
apple (optional)  
Sprinkle of cinnamon  
fresh grated ginger  
1 T chia powder (optional)

Add all ingredients to your blender. Ice is optional if you would like the smoothie very cold. Hit the smoothie button. ENJOY!

**TIP:**

If you use chia powder, you may need to add some extra almond milk or water to thin it out. The chia makes it quite thick.

**HealthWell Corporate Solutions**

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