



# Radish Blend

Serves: 4 cups

Active time: 10 min

Total time: 10 min

## Ingredients

½ cup red radish, sliced  
1 cups fresh pineapple, sliced  
1 whole medium size apple, peeled, sliced  
2 tbsp lemon juice  
2 cups water  
1 cup ice cubes  
½ tsp chia seeds



## Directions

- Place all ingredients in a blender and process (except chia seeds).
- Serve immediately with chia seeds on top.