

Green Glow Protein Smoothie

Serves 1

- 1 small banana
- 1 cup spinach
- 1 cup kale
- 1 tbsp. almond butter
- ⅔ cup (150ml) coconut water
- 1 scoop (25g) vanilla protein powder, optional

What you need to do

1. Place all ingredients into a high-speed blender and blitz until smooth.
2. Serve immediately.

Note: The protein powder is optional, but adds a boost of protein. You can use whey or any plant-based protein powder. You can also replace the protein powder with a few tablespoons of Greek yogurt (in that case reduce the amount of liquid).



GF	HP	V	Q	N						
					Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
					5 mins	0 mins	350	12	34	29

*Nutrition per serving

