Green Protein Smoothie

Ingredients

- 1 cup milk (cow, almond or soy)
- 1 cup of baby spinach
- 1 frozen banana (peeled)
- 2-3 ice cubes
- 1 tbsp peanut butter or almond butter
- 1 tbsp chia seeds or ground flaxseeds
- ¼ tsp vanilla extract
- Pinch of cinnamon

Making it

1. Combine all ingredients and blend until smooth.
2. Serve immediately.

NUTRITION FACTS

Servings: 1 - 2

PER SERVING

Calories (kcal): 231
Fat (g): 16
Carbohydrate (g): 25
Fibre (g): 5
Protein (g): 13

TIPS & HINTS

You can substitute peanut butter for any nut butter such as almond butter, cashew butter, or sunflower seed butter.