



Simple Green Smoothie

Green smoothies can be a great addition to your diet and can be made to taste delicious! They can be a nutritional combo of healthy fats, protein, greens and fibre which provide your body with various vitamins and minerals. Some of these are Vitamins C and A, potassium, folate and magnesium.

INGREDIENTS

3/4 cup almond milk
1 scoop vanilla protein powder
1/2 frozen banana
1 cup spinach leaves

1/4 avocado
1tsp chia seeds or LSA (a combination of linseeds, sunflowers seeds and almonds) - optional

DIRECTIONS

Place all ingredients into a blender and process until smooth. Add additional almond milk if smoothie is too thick. Pour into glass, and enjoy!

