

RECIPE

Power Green Smoothie



Ready in **5 minutes**

Makes **1 servings**

Ingredients

- 1 scoop vanilla protein powder
- $\frac{3}{4}$ cup frozen mango chunks
- $\frac{1}{2}$ frozen banana
- $\frac{1}{2}$ avocado
- 1 $\frac{1}{2}$ cups spinach
- 1 $\frac{1}{2}$ cups lite coconut milk or other unsweetened organic non dairy milk or water

Preparation

1. Blend and enjoy!