

Sneaky Green Smoothie

Prep Time: 10 minutes | Cook Time: 0 minutes

Servings: 2 | Serving Size: ½ of recipe

Since berries are one of the lowest glycemic fruits, it makes them perfect to add your morning green smoothie. Just keep in your portions in check, stick to only ¼ cup frozen fruit per serving. Remember, a sugar loaded breakfast can make you crave sugar and carbs for the rest of the day, making it more difficult to stay on track.



Ingredients:

- 1 cup organic spinach
- 1 ½ cups lighter greens like romaine
- ½ cup frozen organic berries of choice
- ½ of a ripe avocado, peeled & deseeded
- 2 cups unsweetened non-dairy milk of choice (like almond, coconut, or hemp)
- 2 servings protein powder (2 scoops)*
- 2 tablespoons ground organic flaxseed, chia seeds, or hemp seeds

Directions:

1. Place all ingredients into a blender and process on high until smooth.
2. Pour into two glasses and enjoy!

Tips and Tricks:

*We recommend a protein powder that is low in carbohydrates & sugars and high in protein. Use the 10/15/20 rule—you want 10 or LESS grams of sugar, 15 or LESS grams of total carbohydrates and 20 or MORE grams of protein per serving. Nutritional information assumes you follow the above rule when selecting your protein powder

You can also freeze the non-dairy milk in ice cube trays for an even creamier, milkshake-like effect.

Nutritional Information Per Serving: (Includes protein powder using 10/15/20 rule)

Calories: 278.3
Fat: 13 g
Cholesterol: 0 mg
Sodium: 328 mg
Total Carbohydrate: 16.8 g
Dietary Fiber: 8.4 g
Sugars: 6.3 g
Protein: 26.3 g