

# Post Workout Green Smoothie

5 ingredients · 5 minutes · 2 servings



## Directions

1. Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

## Notes

### No Spinach

Use kale instead.

### No Protein Powder

Add a few spoonfuls of hemp seeds.

## Ingredients

**1/4 cup** Vanilla Protein Powder

**2 cups** Water (cold)

**1/2** Avocado

**1** Banana (frozen)

**2 cups** Baby Spinach

## Nutrition

Amount per serving

<b>Calories</b>	182	Cholesterol	2mg
<b>Fat</b>	8g	Sodium	51mg
<b>Carbs</b>	20g	Vitamin A	2924IU
Fiber	6g	Vitamin C	19mg
Sugar	8g	Calcium	119mg
<b>Protein</b>	12g	Iron	1mg