

Katie's Green Smoothie

ADAPTED FROM
CLEAN FOOD CRUSH BLOG

Ingredients

- 1/2 c. frozen blueberries
- 1/4 c. frozen avocado
- 1/2 a small frozen banana
- 1 handful of spinach leaves
- 1/2 scoop of Organ Protein Powder
- 1/4 c. plain, nonfat Greek yogurt
- 1/2 c. unsweetened almond milk
- 1/2 c. water

Nutrition Information

- Calories: 262
- Carbohydrates: 32 grams
- Fat: 8 grams
- Protein: 21 grams
- Sodium: 219 milligrams

