

**GREEN  
GOODNESS  
SMOOTHIE**



# GREEN GOODNESS SMOOTHIE



Serves: 2  
Prep: 10 mins  
Cook: 0 mins



Nutrition per  
serving:  
224 kcal  
13g Fats  
27g Carbs  
7g Protein



## WHAT YOU NEED

- 1 ¼ cup (415ml) almond milk, unsweetened
- 1 green apple, chopped
- 1 medium banana
- 1 ½ cup spinach
- 1 tbsp. chai seeds
- ½ avocado

## WHAT YOU NEED TO DO

*Using a high-power blender, blend all ingredients together until smooth.*