



The Green Power



1 Serving



5 Minutes

INGREDIENTS

- 1/2 Cup Spinach = 3.5 Calories, 0.45 g Protein
- 1/4th Avocado = 60 Calories, 0.75 g Protein
- 1/2 Green Apple = 45 Calories, 0.25 g Protein
- 1 Banana = 105 Calories, 1.3 g Protein
- 1 Tbsp Pumpkin Seeds = 45 Calories, 2.5 g Protein
- 1 Tbsp Hemp Seeds = 57 Calories, 3.2 g Protein
- 1 Cup Almond Milk = 30 Calories, 1 g Protein

TOTAL CALORIES = 395.5

TOTAL PROTEIN CONTENT = 9.95 G

DIRECTIONS

1. Wash and roughly chop the spinach leaves.
2. Core and slice the green apple.
3. Add all ingredients to the blender, except for the seeds.
4. Add half the amount of seeds, leave the rest for future garnish.
5. Carefully add in the milk.
6. Blend to form a smooth mixture.
7. Pour into a glass and garnish with the remaining pumpkin and hemp seeds.
8. You can add ice cubes for a chilled, refreshing look.
9. Enjoy your creamy drink!

