

BREAKFAST

Simple Green Smoothie

INGREDIENTS

- 2 Cups Non-Dairy Milk of Choice (Almond, Cashew, Hemp, etc.)*
- 1 handful power greens, spinach or romaine
- 1-2 Scoops Protein powder
- 1 Cup frozen berries
- 1 Banana
- 1-2 dates

DIRECTIONS

Combine all ingredients in blender and blend 2 minutes or until smooth.

NOTE

* For dairy free milk look for one without carrageenan.



TIME AND YIELD

Prep: 5 | Blend: 2
Serves 2