



## Recipe

# Super Green Smoothie

**Serves 1**

**Cooking and prep:** 10 minutes

**Calories per serve:** 295 per serve

## Ingredients

- 1 cup unsweetened almond milk
- 1 large handful of baby spinach, washed
- 1/2 tsp of supergreens powder (optional)
- 1/2 a small Lebanese cucumber
- 100g frozen pineapple
- 1 tsp chia seeds
- 1/2 scoop of vanilla protein powder (or 1/3 cup of coconut yoghurt)
- Lots of ice



## Method

1. *Combine all ingredients into a blender*
2. *Blend until smooth*
3. *Pour into a glass & serve immediately*

### Notes

*\*I like to pack it with spinach, but if you're not a spinach lover, try a smaller handful at first*