

Berry Spinach Green Protein Smoothie

Web Recipe · Breakfast · Smoothie · GF

390 cal · 28g protein · 42g carbs · 10g fat · 1 serving

Ingredients

- 1 scoop vegan vanilla protein powder
- 1 cup frozen mixed berries
- 1 large handful fresh baby spinach
- 1 tbsp hemp seeds
- 1 tbsp ground flaxseed
- 1 cup unsweetened oat milk

Instructions

1. Add oat milk, protein powder, and spinach to a blender first. Blend until greens are fully broken down.
2. Add frozen mixed berries, hemp seeds, and ground flaxseed.
3. Blend on high until smooth, about 60 seconds.
4. Pour into a glass and serve immediately.

Generated by Meal Planner · Per serving macros