

Banana Orange Spinach Protein Smoothie



PREP TIME

5 mins



COURSE

Gluten Free, Shakes



SERVINGS

1 serving

CALORIES

284 kcal

INGREDIENTS

- 1 cup spinach
- 3/4 cup coconut water
- 1/2 medium lemon peeled
- 1/2 medium banana
- 1 medium orange
- 1 scoop Tru Protein Vanilla or similar vegan protein powder

INSTRUCTIONS

1. Put all ingredients in a blender and blend until smooth adding water until reaching the desired texture.
2. You may use frozen or fresh fruit.

NUTRITION

Nutrition Facts

Banana Orange Spinach Protein Smoothie

Amount Per Serving

Calories	284	Calories from Fat	26
% Daily Value*			
Fat	2.9g		4%
Carbohydrates	43.1g		14%
Protein	25.3g		51%

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!