

Kale Avocado Power Green Smoothie

Web Recipe · Smoothie · GF

430 cal · 27g protein · 35g carbs · 20g fat · 1 serving

Ingredients

- 1 scoop vegan vanilla protein powder
 - 1 cup chopped curly kale stems removed
 - 1/4 medium avocado
 - 1/2 medium frozen banana
 - 1 tbsp hemp seeds
 - 1 tbsp lemon juice
 - 1 cup unsweetened almond milk
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Instructions

1. Add almond milk, protein powder, and lemon juice to a blender.
 2. Add chopped kale (stems removed), avocado, frozen banana, and hemp seeds.
 3. Blend on high until completely smooth and bright green, about 90 seconds.
 4. Pour into a glass and serve immediately.
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