

Matcha Green Tea Protein Smoothie

Web Recipe · Smoothie · GF

400 cal · 28g protein · 38g carbs · 15g fat · 1 serving

Ingredients

- 1 scoop vegan vanilla protein powder
- 1 tsp ceremonial-grade matcha powder
- 1 small frozen banana
- 1 large handful fresh spinach
- 1 tbsp cashew butter
- 1 tbsp hemp seeds
- 1 cup unsweetened almond milk

Instructions

1. Add almond milk, protein powder, and matcha powder to a blender. Blend briefly to dissolve matcha (this prevents clumps).
2. Add frozen banana, spinach, cashew butter, and hemp seeds.
3. Add ice cubes and blend on high until smooth and vibrant green.
4. Pour into a glass and serve immediately.

Generated by Meal Planner · Per serving macros