

# Avocado Green Smoothie

FOOD FOR FATIGUE

5 Min. Prep | Makes 1 Serving

## Ingredients

- 1 cup almond milk, unsweetened
- 1/2 avocado
- 2 cups spinach
- 1 scoop vegan protein powder
- 1 Tbsp. hemp seeds
- 1/2 cup water (optional for thinning)
- 4 ice cubes

## Directions

1. Add all the ingredients into a blender and blend until smooth. Serve.

## Notes

Enjoy as a small meal like breakfast, snack, or lunch.

Additional benefits:

- Rich in plant protein to fuel your energy needs.

## Nutrition Info

359 calories, 28g protein, 23g total fat, 3g saturated fat, 478mg sodium, 19g carbs, 10g fiber, 0g added sugars

