

GREEN POWER PROTEIN SMOOTHIE



INGREDIENTS

3 cups raw spinach
½ scoop (15 grams) protein powder
½ cup sliced banana
2 small stalks celery
½ tablespoon ginger root
1 tablespoon poppy seeds
1 tablespoon lime juice

PREPARATION

Combine all ingredients in corresponding order into a blender and pulse until smooth. Add water to get the desired consistency. Enjoy!

Makes: 1 servings

Nutrition Information:

Calories: 205, Carbs: 27g,
Fat: 5g, Protein: 17g,
Fiber: 6g, Sodium: 129mg,
Cholesterol: 1mg

