



Go Green Breakfast Smoothie: Makes 1 Smoothie

Ingredients:

- 1 cup of spinach
- 5 strawberries
- 1 handful of blueberries
- 1 large banana
- 1 scoop protein powder of choice (Note: I use vanilla protein powder which adds a nice flavor to it. If you don't want to use protein powder, vanilla almond milk is a great way to get that same flavor!)
- 1 tablespoon of black chia seeds
- 1 tablespoon ground flax seed
- 1 cup of almond milk

Instructions:

- Wash spinach, strawberries, and blueberries.
- Cut off stems from strawberries.
- Add spinach, strawberries, blueberries, banana, protein powder, chia seeds, flax seeds, and almond milk to blender.
- Blend away!
- If your smoothie is too thick, simply add more almond milk.
- Pour into a glass and enjoy!