Fruit & Greens Protein Smoothie Recipe

Yields 2 x 500ml servings or cut recipe in half for single serving. Keeps fresh in sealed jar in fridge for 24 hours. If using raw spinach* blanch for 60 seconds or buy frozen. This reduces oxalates found in fresh spinach. Too many oxalate-containing greens will reduce calcium absorption.

Ingredients:

16 oz/500ml unsweetened almond beverage
2 cups/500ml/2 handfuls kale, spinach*, arugula greens or combo
½ cup/125ml fresh/frozen parsley
First blend greens with almond beverage in food processor/blender. Then add:
1 cup/250ml plain 0%MF Greek yogurt
1 ripe banana, fresh or frozen
1 cup/250ml frozen pineapple
1 scoop vegan protein powder (such as Lean Fit Complete Green vanilla bean)
Juice from a freshly squeezed orange
½ ripe avocado, optional

Method:

2. Can also add 1-2 tbsp ground flax/chia/hemp seeds if desired.
3. May need to increase volume of almond beverage if too thick.

Provides a nutrient-packed super foods smoothie. Balanced with dairy (yogurt), fruit (banana, pineapple, orange), plant protein (pea powder protein, hemp), healthy plant fats (avocado, seeds) and vegetables (greens). A full meal deal great after an early or mid-day workout!