

Very Healthy Green Smoothie

Description

This smoothie is delicious and full of nutrients.

Prep/total time: Ten Minutes

Servings: 1

Ingredients

2/3 cup of spinach blend
1/2 avocado
1 scoop of MCT oil powder
1 teaspoon of pure vanilla extract
1/2 teaspoon of matcha powder
1 tablespoon of golden monk fruit sweetener
1/2 cup of coconut milk
2/3 cup of water
5 cubes of ice

Optional additions:

1/2 tablespoons of chia seeds, soaked in 2 tablespoons of water for 15 minutes
1 tablespoon of collagen powder
1/4 cup of vanilla protein powder
1/2 teaspoon of maca root powder
1/2 teaspoon of turmeric

Instructions

1. Pour all the ingredients into a blender bowl and blend until well mixed.
2. Serve.