

ROAD NOTES HEALTHY RECIPE  
(RVegan\_life @ Instagram)

# Green Powerhouse Smoothie



Ready in **3 minutes**

Serves **1 serving**

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[RoadNotesRV.com](http://RoadNotesRV.com)



## Ingredients

- 1 pcs banana
- ½ cup mango
- 1 cup kale
- ½ pcs zucchini
- ½ pcs lemon juice
- ½ pcs avocado
- 1 tbsp chia seeds
- 2 tsp ginger
- 1 ½ cup coconut water
- 3 pcs ice cubes

## Preparation

1. Wash all fruits and veggies.
2. Add all ingredients and blend on high speed for 1-2 minutes.
3. You can sprinkle extra nuts and seeds for more crunchiness.
4. Enjoy your breakfast!

## Meal Information

Calories: 495.00

Protein: 0.41 oz

Fat: 0.67 oz

Carbs: 2.86 oz