

ROAD NOTES HEALTHY RECIPE
(Rvegan_life @ Instagram)

Protein Spirulina Smoothie



Ready in 4 **minutes**

Serves **1 serving**

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Ingredients

- 1 cup baby spinach
- 1 pcs banana
- ½ pcs avocado
- ½ pcs lemon juice
- 1 tsp ginger
- 1/2 cup pineapple
- 3 pcs ice cubes
- 1 cup hemp or Almond milk
- 1 tsp spirulina powder

Preparation

1. Wash fruits and veggies and all ingredients in a blender.
2. Blend on high speed for 1-2 minutes
3. You can sprinkle extra nuts and seeds for some crunchiness.
4. Enjoy breakfast!

Meal Information

Calories: 407.90

Protein: 0.34 oz

Fat: 0.75 oz

Carbs: 1.79 oz