

Green Goddess Smoothies

300 Cals ~ 30g P / 30g C / 10g F



Directions:

Ingredients:

40g fresh spinach
1 piece of ginger (½ inch),
preferably boiled prior
1 cup water
1 scoop ATP Labs Chocolate
Isolate Protein Powder
½ banana
1 tbsp peanut butter
Juice of ½ lemon

- If not already done, boil the ginger for a few minutes to soften its flavor & let it cool down.
- Blend all the ingredients together until smooth.
- Pour into a glass and enjoy immediately!



Makes:
1 smoothie



Preparation:
6 min



Cooking time:
30 minutes (for the ginger)