

Berry Smoothie



SERVINGS: 1

PREPPING TIME: 2 MIN

COOKING TIME: 0 MIN

INGREDIENTS

- 1/2 cup frozen mixed berries
- 1 tbsp hemp hearts
- 2 scoops vanilla protein powder
- 1 cup unsweetened almond milk or water
- 1/4 -1/2 avocado
- Handful baby spinach

DIRECTIONS

1. Blend all together. Add more water or almond milk to desired consistency. Enjoy!