



GREEN PROTEIN MACHINE SMOOTHIE

5 MINS
PREP

SERVES 1

STAGE 2

VEGAN
FRIENDLY

GLUTEN
FREE

DAIRY
FREE

A perfect boost to any busy day, this vegan-friendly, dairy-free smoothie recipe only takes five minutes to make!

It sounds like a lot of spinach, but it really does blend down to nothing.

WHAT YOU NEED

For one glass:

- ½ glass of almond milk
- ½ bag of washed baby spinach
- 1 tablespoon of pumpkin seed butter (almond butter will also work)
- 1-2 teaspoons hemp seed protein (optional)
- ½ frozen banana
- A sprinkle of bee pollen (optional)

WHAT TO DO

1. Freezing your bananas is quite a good way to not waste them when you have a glut (which we have all experienced once or twice!). Slice them in 1cm thick slices and place them on a non stick tray and freeze until firm.
2. Transfer into a air tight container and store until needed.
3. When ready, put all the ingredients into your blender and start on low, building up to high until you have a silky mix.
4. Pour into your glass and sprinkle with bee pollen if you wish.