

Go-To Green Smoothie

Ingredients:

- 1 large handful baby spinach
- 1 ½ ripe bananas, frozen
- 1 tablespoon natural hemp protein
- 1 tablespoon hemp seeds
- splash of vanilla extract
- 1 teaspoon matcha green tea powder (optional)
- 1 tablespoon pumpkin seed butter (optional)
- 1 soft medjool date (optional, for sweetness)
- 1 ½ - 2 cups unsweetened almond milk

Directions:

1. Combine all ingredients in a high-speed blender... I recommend putting the spinach in first, followed by the frozen banana, all of the other add-ins, and then the almond milk at the end.
2. BLEND
3. Enjoy!