



High Fat Green Smoothie

1 serving
5 minutes

Ingredients

237 milliliters Water (cold)
30 milliliters Lemon Juice
30 grams Baby Spinach
1/2 Avocado (frozen)
6 grams Mint Leaves (fresh, roughly chopped)
2 grams Ginger (fresh, roughly chopped)

Directions

1

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one day.

Likes it Sweeter: Add frozen banana, pineapple or apple.

More Protein: Add protein powder or collagen powder.

No Mint: Use cilantro or basil instead.