

Green Dream

Serves: 1

Ingredients & Directions:

2 cups chopped kale or spinach leaves
6 ounces of almond milk or coconut milk
3 ounces of water
Blend until smooth, and then add
1 small banana (less than 6 inches)
1/4 cup strawberries frozen
1 Scoop of NOW vanilla whey protein
6 ice cubes
Blend again until all is mixed well.
Drink!

Calories: 303

