

Fruit & Greens Protein Smoothie Recipe

Yields 2 x 500ml servings or cut recipe in half for single serving.

Keeps fresh in sealed jar in fridge for 24 hours. If using raw spinach* blanch for 60 seconds or buy frozen. This reduces oxalates found in fresh spinach. Too many oxalate-containing greens will reduce calcium absorption.

Ingredients:

16 oz/500ml unsweetened almond beverage

2 cups/500ml/2 handfuls kale, spinach*, arugula greens or combo

½ cup/125ml fresh/frozen parsley

First blend greens with almond beverage in food processor/blender.

Then add:

1 cup/250ml plain 0%MF Greek yogurt

1 ripe banana, fresh or frozen

1 cup/250ml frozen pineapple

1 scoop vegan protein powder (such as Lean Fit Complete Green vanilla bean)

Juice from a freshly squeezed orange

½ ripe avocado, optional

Method:

1. Blend all ingredients until smooth. Serve chilled.
2. Can also add 1-2 tbsp ground flax/chia/hemp seeds if desired.
3. May need to increase volume of almond beverage if too thick.

Provides a nutrient-packed super foods smoothie. Balanced with dairy (yogurt), fruit (banana, pineapple, orange), plant protein (pea powder protein, hemp), healthy plant fats (avocado, seeds) and vegetables (greens). A full meal deal great after an early or mid-day workout!