

Power Smoothie



Ingredients:

- 1 cup Milk
- 1 scoop Vanilla protein powder
- 2 Cubes of frozen chopped spinach
- 1 Handful baby kale (optional)
- 4 Whole frozen strawberries
- 4 Pieces chopped frozen mango
- ¼ Large avocado
- ½ cup-1 cup Water – depending on consistency preference

Directions:

1. Place all ingredients in a blender and blend until smooth!
2. Enjoy 😊