Green Power Protein Shake

A refreshing low-carb protein smoothie with creamy almond milk and nutrient-packed spinach, perfect for muscle maintenance and weight loss.

Servings: 2 **Time:** 5 minutes

Ingredients

- 1 scoop vanilla whey protein powder
- 1 cup unsweetened almond milk
- 1 cup fresh spinach leaves
- 1/4 cup cucumber, chopped
- 1/2 medium avocado
- 1 tbsp chia seeds
- Ice cubes (optional)

Instructions

1. Add almond milk, spinach, cucumber, avocado, and chia seeds into a blender.
2. Blend on high speed until smooth and creamy.
3. Add whey protein powder and ice cubes, then blend again until fully combined.
4. Pour into two glasses and serve immediately.

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