Green Power Protein Smoothie

A creamy, low-carb smoothie blending spinach, Greek yogurt, and chia seeds for a protein-packed, refreshing boost.

Servings: 2 **Time:** 5 minutes

Ingredients

- 2 cups fresh spinach leaves
- 1 cup plain Greek yogurt
- 1 tablespoon chia seeds
- 1/2 cup unsweetened almond milk
- 1/2 teaspoon vanilla extract
- Ice cubes (optional, about 3-4)
- Stevia or monk fruit sweetener to taste (optional)

Instructions

1. Rinse the fresh spinach leaves thoroughly.
2. Combine spinach, Greek yogurt, chia seeds, almond milk, and vanilla extract in a blender.
3. Add ice cubes if you prefer a colder smoothie.
4. Blend on high until smooth and creamy.
5. Taste and add sweetener if desired, blending again briefly.
6. Pour into two glasses and serve immediately.

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