Green Power Protein Shake

A nutrient-packed smoothie with creamy almond butter, fresh spinach, and protein for a low-carb energy boost.

Servings: 2 **Time:** 5 minutes

Ingredients

- 1 cup unsweetened almond milk
- 1 scoop vanilla whey protein powder
- 1 cup fresh spinach leaves
- 1 tablespoon almond butter
- 1/4 avocado
- 1/2 teaspoon cinnamon
- Ice cubes (optional)

Instructions

1. Add almond milk, protein powder, spinach, almond butter, avocado, and cinnamon to a blender.
2. Blend on high until smooth and creamy.
3. Add ice cubes if desired and blend again for a chilled texture.
4. Pour into two glasses and serve immediately.

powered by dishgen