Green Power Protein Shake

A refreshing low-carb smoothie packed with whey protein and nutrient-rich spinach for muscle support 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
- 1/2 medium avocado
- 1/2 cup ice cubes
- 1 tablespoon chia seeds
- A few drops of liquid stevia (optional)

Instructions

1. Add the almond milk and fresh spinach leaves to the blender.
2. Scoop in the whey protein powder and add the avocado for creaminess.
3. Add the chia seeds and ice cubes to the mixture.
4. Blend all ingredients on high until smooth and creamy.
5. Taste and add a few drops of liquid stevia if additional sweetness is desired.
6. Pour into two glasses and serve immediately.

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