Green Power Protein Shake

A refreshing, low-carb smoothie packed with spinach, cucumber, and protein to fuel your day and support lean muscle.

Servings: 2 **Time:** 5 minutes

Ingredients

- 2 cups fresh spinach
- 1/2 cup cucumber, peeled and chopped
- 1 scoop vanilla or unflavored protein powder (about 1.5 oz)
- 1 cup unsweetened almond milk
- 1/2 cup ice cubes
- 1 tsp chia seeds (optional for extra fiber)

Instructions

1. Add spinach, cucumber, protein powder, and almond milk into a blender.
2. Add ice cubes and chia seeds if using.
3. Blend on high for 30-45 seconds until smooth and creamy.
4. Pour into two glasses and serve immediately.

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