Refreshing Green Protein Shake

A low-carb, high-protein smoothie that fuels your day with fresh spinach, crisp cucumber, and creamy almond milk.

Servings: 2 **Time:** 5 minutes

Ingredients

- 2 cups fresh spinach
- 1 cup chopped cucumber (about 4 oz)
- 1 scoop vanilla protein powder (about 30g)
- 1 cup unsweetened almond milk
- 1/2 cup water
- Ice cubes (optional)

Instructions

1. Add spinach, cucumber, protein powder, almond milk, and water into a blender.
2. Blend on high until smooth and creamy.
3. Add ice cubes if desired and blend again for a chilled smoothie.
4. Pour into glasses and serve immediately.

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