BetterBody Foods

Green Smoothie

Prep: 5 min Cook: 0 min Total: 5 min Servings: 1

Calories: 429 Fat: 21g Protein: 10g Carbs: 58g Fiber: 14g

Ingredients

- 1/2 avocado
- 1 banana
- 1/2 cup spinach
- 1/2 cup ice cubes
- 1 Tbsp BetterBody Foods Super Seed
- 1 tsp honey
- 1/4 tsp ground cinnamon

Directions

1. Add all the ingredients to a blender and blend until smooth and creamy.
2. Pour and enjoy your Green Smoothie!