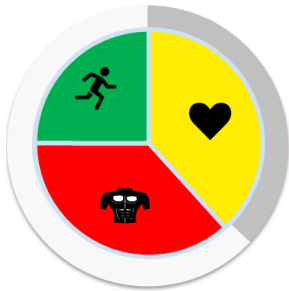




CREAMY DREAM SMOOTHIE

SERVES 1 **PREP ~ 3mins** **SUITABLE FOR:** Vegan, Gluten free

My favourite smoothie! It's creamy & tastes amazing. It has a high health score with a range of vitamins, minerals & good fats. It is reasonably calorie dense with the avocado & banana and the high protein content means it can function well as a post work out shake.



NUTRITION INFO

Health Score 7.0. High in Vit B2, Vit B5, Vit A & Vit D, Vit K & Calcium

Kcal	Carbs	Sugar	Protein	Fat	Sat Fat	Fibre
332.9	18.9g	11.4g (12.7%)	27.8g	14.4g	1.9g (9.5%)	6.8g (17.9%)

INGREDIENTS

- 1 Cup Almond milk
- 1 scoop (~20g) Protein Powder
- 1/2 avocado
- 1 Cup spinach
- 1/2 banana
- 5 ice cubes

METHOD

1. Add all ingredients to a blender, blend until smooth

