

## INGREDIENTS

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1 Tbsp Pure Almond Butter  
1 cup Almond Milk  
1 cup Baby Spinach  
1 tsp seeds - chia, hemp or flax  
1 Frozen Banana  
1/2 Green Apple  
Optional: 1/2 cup Frozen Mango

## INSTRUCTIONS

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1. Combine all ingredients in a blender until smooth and creamy and serve immediately.



## Green Smoothie



Makes 1



2 mins

Looking for a quick and easy way to start the day? This smoothie has your back. Packed full of vitamins and minerals, it's a great way to get your greens in for the day.

Tip: Switch mango for pineapple for a taste of summer.

