

Spicy & Sour Greens Smoothie

Category: Drink

Serves: 1 Serving

Ingredients:

1.5 tbsp. chia seeds

1/2 cup coconut water

1/4 inch fresh ginger, peeled

1/2 lemon, juiced

1 cup spinach or kale

1/2 banana

1/4 cucumber

3 pineapple chunks

2 scoops vanilla protein

Method of Preparation:

1. Add all ingredients to a high-powered blender and blend on high until creamy and smooth.