

Green Drink

serves 1

Ingredients:

- 1 1/2 Cups Spinach
- 3 Strawberries
- 1/3 Cup Blueberries
- 1 Banana
- 1 Tbs Herbally Grounded

Amazing Greens (optional)

- 1 Tbs Greek Yogurt
- 1/4 Cup Oats
- 1/2 Cup Trop 50
- 5 Ice Cubes (or frozen fruit)



Instructions:

- Place spinach and orange juice in the blender first.
- Place the remaining ingredients in blender and

blend until smooth.

Notes:

- Serves 1
- You can replace ice cubs with freezing at least one of the fruits.
- On the days I do a long workout, I replace the orange juice with water and add a scoop of vanilla protein.