



SUPER GREEN DETOX SMOOTHIE (BREAKFAST)



1 serving



10 minutes

INGREDIENTS

Handful spinach
1/2 avocado
1 scoop of vanilla protein
Handful frozen blueberries
1/2 kiwi
Inch of cucumber
Juice from 1 lemon
4-5 drop vanilla stevia
100ml water
150ml unsweetened almond milk

DIRECTIONS

1. Gather all the ingredients and wash the fresh produce thoroughly.
2. Place the spinach, avocado, vanilla protein, frozen blueberries, kiwi, cucumber, lemon juice, vanilla stevia, water, and unsweetened almond milk in a blender.
3. Blend the ingredients on high speed until the mixture becomes smooth and creamy. You may need to blend for about 1-2 minutes to ensure a well-mixed and smooth consistency.
4. If the smoothie is too thick, you can add more water or almond milk in small increments until you achieve your desired consistency.
5. Taste the smoothie and adjust sweetness or tartness if needed. You can add more vanilla stevia or lemon juice according to your preference.