

# "Green" Smoothie

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**Prep Time:** 5 minutes

**Serves:** 2

## **Ingredients:**

1-1/2 cups cold water or unsweetened apple juice

1 small banana, fresh or frozen

1 cup mixed berries, frozen

1/2 avocado

1 cup fresh spinach or kale, chopped

Optional: 1 scoop protein powder

## **Preparation:**

1. Place all ingredients in a blender.
2. Blend on high until smooth.