

Creamy Avocado Spinach Protein Smoothie

Ingredients

- ½ ripe avocado
 - 1 cup fresh spinach (packed)
 - 1 frozen banana
 - 1 scoop vanilla or unflavored protein powder (plant-based or whey)
 - ¾ cup unsweetened almond milk (or oat milk for extra creaminess)
 - 1 tablespoon chia seeds or hemp seeds
 - ½ teaspoon cinnamon (optional)
 - Ice cubes (optional)
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Instructions

1. Add all ingredients to a high-speed blender.
2. Blend for 45–60 seconds until smooth and creamy.
3. Adjust thickness with more milk or ice as needed.

4. Serve immediately. Optional: garnish with pumpkin seeds or a drizzle of almond butter.

Health Benefits

- Avocado provides healthy fats, fiber, and potassium, helping keep you full and nourished.
- Spinach supports detoxification and delivers iron, magnesium, and chlorophyll.
- Protein powder helps maintain muscle and supports energy.
- Banana offers potassium and natural sweetness.
- Chia or hemp seeds add protein, fiber, and anti-inflammatory omega-3s.
- Cinnamon enhances flavor and may help stabilize blood sugar.