

# Green Detox Protein Smoothie

## Ingredients

- 1 cup fresh spinach
  - ½ small cucumber (peeled, optional)
  - ½ frozen banana
  - 1 scoop unflavored or vanilla plant-based protein powder
  - 1 tablespoon chia seeds or flaxseeds
  - Juice of ½ lemon
  - ½ inch fresh ginger (or ¼ tsp powdered)
  - ¾ cup unsweetened almond milk (or water for lighter texture)
  - Ice cubes (optional)
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## Instructions

1. Add all ingredients to a blender.
2. Blend for 45–60 seconds until smooth and creamy.
3. Adjust thickness with more liquid if needed.

4. Serve immediately. Optional: garnish with lemon zest or a slice of cucumber.

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## **Health Benefits**

- Spinach & cucumber: Detoxifying, hydrating, and alkalizing – support liver and kidney function.
- Banana: Adds natural sweetness and potassium for energy and muscle function.
- Lemon & ginger: Stimulate digestion, reduce inflammation, and boost immunity.
- Protein powder: Builds lean muscle, supports satiety, and aids recovery.
- Chia or flaxseeds: Offer fiber, omega-3s, and help flush out toxins gently.