

Matcha Mint Green Protein Smoothie

Ingredients

- 1 cup unsweetened almond milk (or oat milk)
 - 1 frozen banana
 - 1 handful fresh spinach or kale
 - 1 scoop vanilla or unflavored protein powder
 - ½ teaspoon matcha green tea powder
 - 4–6 fresh mint leaves (or 1 drop peppermint extract)
 - 1 tablespoon hemp seeds or chia seeds
 - Ice cubes (optional)
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Instructions

1. Add all ingredients to a high-speed blender.
2. Blend until creamy and smooth (about 45–60 seconds).
3. Adjust flavor with more mint or matcha if needed.
4. Serve cold. Optional: garnish with mint leaf or sprinkle of matcha.

Health Benefits

- Matcha offers clean, calm energy and antioxidant support for brain and metabolism.
- Mint aids digestion and adds a refreshing taste.
- Spinach supplies iron, folate, and chlorophyll for detox and vitality.
- Protein powder builds and repairs muscles, supports fullness.
- Banana provides potassium and natural sweetness.
- Hemp chia seeds add plant protein, fiber, and omega-3s.
- Almond milk makes a smooth, dairy-free base.