

Quick and easy



# Go go green smoothie

*Serves 1*

25g almond butter

1 big handful of baby spinach

30g protein powder

1 large apple, cored and roughly chopped

20g flaxseeds

Handful of ice

230ml coconut water

## Method

Mega simple; just combine everything in a liquidiser and blend until smooth.

## Alternative ingredients

To make this nut-free, swap the almond butter for the same amount of tahini or any variety of seeds (e.g. sunflower, pumpkin).