



## REDUCED CARBOHYDRATE MEAL

# Go Go green smoothie

### INGREDIENTS (1 serving)

- 50g (1.7oz) almond butter
- 5g (0.2oz) wheat grass – optional
- 2 good handfuls of baby spinach leaves
- 55g (2oz) protein powder
- 105g (3.6oz) apple, cored and roughly chopped
- 45g (1.5oz) flaxseeds
- handful of ice
- 360ml (12.1 fl. oz) coconut water

Mums always tell us to eat our greens, so here you go. Instead of chomping through mounds of greens whack them into this little beauty. Wheatgrass is very good for you – but, just like marmite, it's a love or hate kind of thing. If you don't enjoy it, just leave it out and whack in some more greens.

### METHOD

Could it be any easier, put all the ingredients in a blender and blend on high for 1 minute or until the smoothie has reached your desired texture.