



## Berry Greens Smoothie (Vegan)

**Active Time:** 5 minutes | **Total Time:** 5 minutes | **Serves:** 1

### Nutrition Information Per Serving

235.6 calories, 31.32 g carbohydrate, 18.32 g fiber, 13 g NET carbs, 12.5 g protein, 8.69 g fat

#### Ingredients

- 1 packet Nutiva Organic Hemp Protein Powder
- 1/2 cup(s) filtered or spring water
- 1/2 cup(s) organic frozen strawberries
- 1 tsp organic extra virgin coconut oil
- 1 cup organic baby spinach
- 1/2 cup(s) organic frozen blueberries

#### Preparation

1. Add all ingredients to a blender or Magic Bullet.
2. Blend until smooth.

This free recipe cannot be redistributed without prior permission from MealGenius.com.  
If you have obtained this recipe from any source other than MealGenius.com please contact us.