



Supergreens Smoothie

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

Nutrition Information Per Serving

500 calories, 12.57 g carbohydrate, 7.06 g fiber, 5.51 g NET carbs, 4.04 g protein, 51.19 g fat

Ingredients

- 8 Tbsp(s) Aroy D Coconut Milk
- 1 Tbsp Bulletproof XCT Oil
- 1 tsp Navitas Naturals Organic Freeze Dried Wheatgrass Powder
- 1/2 medium(s) organic avocado
- 1/2 cup(s) organic spinach, packed
- 1/2 tsp(s) alcohol-free vanilla extract
- 1/4 cup(s) chilled filtered water

Preparation

1. Add all ingredients to a Vitamix or blender with a few ice cubes.
2. Blend until smooth.

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