



Green Protein Smoothie

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

Nutrition Information Per Serving

590.1 calories, 14.12 g carbohydrate, 8.06 g fiber, 6.06 g NET carbs, 25.33 g protein, 51.37 g fat

Ingredients

- 8 Tbsp(s) Aroy D Coconut Milk
- 1 scoop Ancient Nutrition Bone Broth Protein (Pure)
- 1/2 packet(s) SweetLeaf Stevia Plus Sweetener
- 1 Tbsp Bulletproof XCT Oil
- 1 cup filtered ice
- 1/2 medium(s) organic avocado
- 2 cup(s) organic spinach
- 1/2 Tbsp(s) organic lemon juice
- 1/2 cup(s) chilled, filtered water

Preparation

1. Add all ingredients except water to a Vitamix or blender.
2. Blend until smooth, adding water as necessary.
3. Taste to adjust stevia. Serve.

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