

Green Power Smoothie

Smoothie vert énergisant

- 5 min
- Easy
- 210 kcal per serving
- Breakfast
- Snack
- Vegan
- Quick
- Gluten-Free



Ingredients

FOR ONE SERVING

Spinach (<i>Épinards</i>)	60 g
Banana (<i>Banane</i>)	1
Apple juice (<i>Jus de pomme</i>)	200 ml
Flax seeds (<i>Graines de lin</i>)	1 tbsp

Nutrition facts

PER SERVING

Calories	210
Protein	5 g
Carbohydrates	38 g
Fat	6 g
Fiber	5 g

Preparation

- 1 Rinse the spinach if needed and peel the banana.
- 2 Add the spinach, banana, apple juice, and flax seeds to a blender.
- 3 Blend until smooth, adding a little water only if you want a thinner texture.
- 4 Taste the smoothie and add a pinch of salt only if desired.
- 5 Pour into a glass and serve right away.

GOOD TO KNOW

For a colder smoothie, use chilled apple juice or add a few ice cubes.