



### *YUMMY SPINACH SHAKE*

Serves: 1 | Prep Time: 10 minutes | Cook time: Less than 5 minutes

2 cups fresh spinach  
1 chopped apple  
½ banana  
1 cup nut milk (almond etc.)

Optional:  
3 tbsp hemp seed  
1 tbsp chia seed

Place spinach, apple, banana and your choice of nut milk or other milk into the blender. A Vitamix or other powerful blender works best. Blend until smooth (approx 30 seconds).

Optional:  
Stir in hemp and chia seed and drink!

The hemp seed will add 10g of protein which is equivalent to about 1.5 eggs. It also contains omega 3 fatty acids. Chia seed is rich in anti-oxidants, soluble fiber, omega 3 fatty acids and minerals. And unlike flax seed it does not need to be blended to benefit from the nutrients.

*\*\*Hemp and Chia seeds can both be purchased at Whole Foods in the bulk section.*