

## Creamy Green Chia Smoothie

submitted by devook



Per serving: 366 Calories • 41.8g Carbs (6.7g Fiber) • 10.3g Fat • 28.1g Protein

### Ingredients

*Ingredients scaled to: 1 serving*

- 1 cup **Almond milk** (240 grams)
- 1/2 tbsp **Chia seeds** (6 grams)
- 1 tsp **Coconut oil** (4.5 grams)
- 1 scoop (30g) **Whey protein powder** (30 grams)
- 1 cup **Spinach** (30 grams)
- 1 medium (7" to 7-7/8" long) **Banana** (118 grams)
- 1/2 tsp **Vanilla extract** (2.1 grams)

### Directions

*Directions are based on the original recipe of 1 serving*

1. Combine all ingredients in a blender and pulse until smooth. Enjoy!