

## Spinach Meal Shake

submitted by Heather0315



Per serving: 127 Calories • 4.1g Carbs (0.7g Fiber) • 1.1g Fat • 24.8g Protein

### Ingredients

*Ingredients scaled to: 2 serving*

2 scoop (30g) **Whey protein powder** (60 grams)

2 cup **Spinach** (60 grams)

2 cup **Water** (473 grams)

2 cube **Ice cubes** (44.4 grams)

### Directions

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

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