

Green Pineapple Smoothie

If you do not like veggies, struggle with getting a protein post workout, and/or want something cold and refreshing after a hard exercise session- this is for YOU! This blend not only has a perfect 1:1 carb to protein ratio for the ideal post workout treat but is also packed with iron (thanks to the spinach, which you cannot even taste).

Ingredients:

½ Cup	Unsweetened almond milk
½ Cup	Spinach
1/3 Cup	Greek Yogurt
½ Cup	Frozen Pineapple
½ Tbsp	Chia seeds
2 Tsp	Stevia
1 Scoop	Whey protein isolate, Vanilla (~18 grams protein)

Directions:

Blend all ingredients together until smooth!

Nutrition Facts:

Servings: 1

Serving size: 8-12 oz.

Calories: 237

FAT: 4 g

CHO: 23 g

PRO: 26 g