



Spinach Smoothie

 2 servings  10 minutes

Ingredients

1 cup almond milk
2 cups spinach
1 banana
2 Tbsp Chia seeds

Method

1. Place everything but chia seeds into blender. Blend until smooth and frothy.
2. Pour into cups and top with chia seeds.

Great quick breakfast packed with protein and vitamins. Great for busy moms, kids and commuters.