

cold, smooth & tasty.

Green Envy

Servings: 1.5

High Powered Blender Required
Add into blender in order listed below

- 1 Cup of Coconut Water (or Nut Milk)
- 1 Cup of Ice (Optional)
- 1 Cup of Spinach
- 1 Cup of Kale (remove stems for easier blending)
- 1 Medium Banana
- 1 tbs Flax Seed
- 1 Scoop Vega One Protein
- 1 tsp Giner
- 1 tsp Cinnamon
- 1/2 Squeezed Lemon



Green Envy

Delicious and tasty,
and everyone wants one.
Loaded with protein and fibre
this smoothie is sure to
keep you fuller longer,
and your insides balanced
and asking for more.



Nutrition Facts

Total Calories: 416

Carbohydrates: 63g

Fibre: 17g

Protein: 33g

Fats: 9g

Tips

- Green Smoothies can be used as a healthy meal replacement
- Pre-package your ingredients and freeze for fast, easy convenience
- Swap around liquids or greens for nutrient rotation, and flavour adjustments.

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Enjoy!