

## Veggie booster smoothie

200ml chilled unsweetened almond milk  
a handful of fresh spinach leaves  
60g fresh or frozen avocado  
2 cooked broccoli or cauliflower florets  
25g chocolate or vanilla flavour whey or rice protein powder  
1 tsp cocoa nibs  
3-5 fresh mint leaves

Serves 1

Per serving:  
282 calories  
14g fat  
15g carbs  
24g protein

Place the ingredients in a blender and blend well until creamy.

Serve.

Consume immediately.