

Tropical Matcha Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

1 Zucchini (chopped and frozen)
1 cup Pineapple (fresh or frozen)
3 cups Baby Spinach
2 tsps Green Tea Powder
1/4 cup Hemp Seeds
2 cups Unsweetened Almond Milk

DIRECTIONS

01 Add all ingredients to blender and blend until smooth. Pour into a glass and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	208	Carbs	18g
Fat	13g	Protein	10g