



# Mint Green Smoothie

## 3 Servings

1 Cup Unsweetened Almond Milk

1/4 Cup Mint Leaves

1 Cup Spinach

2 Frozen Bananas

1/2 Cucumber Sliced

1 Tbsp Honey

1 Granny Smith Apple Sliced

1/4 Scoop Illumin8 Protein Powder



### Calculated Per Serving

Calories

196

Carbs

37g

Fat

3g

Protein

9g

Fiber

9g

