



Super Green Smoothie

3 Servings

- 1 Cup Unsweetened Almond Milk
- 2 Cups Kale, Spinach, & Chard Mix
- 2 Frozen Bananas
- 1 /2 Cucumber Sliced
- 1 Tbsp Honey or Coconut Nectar
- 1 Granny Smith Apple Sliced
- 1 Scoop Illumin8 Protein Powder



Calculated Per Serving

Calories

196

Carbs

37g

Fat

3g

Protein

9g

Sodium

115mg

