



Tropical Green Ginger Smoothie

3-4 Servings

1 1/2 Cups Unsweetened Plant Milk

2 Frozen Bananas

1 Cup Frozen Pineapple

1 Tablespoon Ginger

2 Cups Spinach

1 Scoop VeganSmart Protein Powder

Calculated Per Serving

Calories

232

Carbs

39g

Fat

4g

Protein

10g

Fiber

5g

