

# Green Smoothie

## Prep Notes

Adding spinach to your smoothie is a great way to get in those extra vitamins. High in vitamins A, C, E, K and bioavailable in iron, manganese, calcium, and folate, spinach is truly a powerhouse green that supports many functions of the body.

The avocado is a little powerhouse on its own, high in essential fatty acids (monounsaturated fats)-a type of fat which is integral to cell function and the synthesis of some important hormones. Not to mention, adding this fat into your smoothie helps you feel 'fuller' for longer and prevents those post-meal hunger pangs.

The combination of these ingredients makes for a delicious blend, not to mention all these ingredients are functional foods, as well! Bananas are high in potassium and great for metabolic balance, cinnamon reduces blood pressure and dates contain fiber!

## Yields

1

## Ingredients

1 banana

1/2 avocado

Handful of spinach (fresh or frozen)

1 serving protein powder of choice

1 date, pitted

14 oz. plant-based unsweetened milk of choice (coconut, hemp, almond, cashew, rice, soy)

1/2 tsp cinnamon

## Directions

Add all ingredients to blender and blend until smooth.

## Notes

Optional extras: Chia seeds, hemp seeds, maca powder, greens powder, nut butter, raw cacao powder, fresh mint, spiraling powder, coconut oil.

Note: Avoid protein powders containing sugar, artificial sweeteners, additives and artificial flavors. Opt for either plant-based or organic whey protein, using only natural ingredients, or organic vegan protein powders like the Food Matters Protein Powder.

## Credit

21 Day Food Matters Program Workbook

[www.fmtv.com](http://www.fmtv.com)