

Hidden Greens Smoothie

Calories: 29 kcal

Servings: 1

Time: 5 Mins

Ingredients

- 50.00 g Avocado
- 20.00 g Baby Spinach
- 0.50 cup Berries
- 0.25 tsp Cinnamon
- 0.50 tsp Flaxseed Oil
- 0.50 cup Ice
- 1.00 whole Ultra Lite Chocolate Sachet
- 250.00 ml Water (as desired)

Instructions

1. Place all ingredients in a blender with ½ cup of ice and puree until smooth. Add water as desired for smoother consistency.