

Slim Down Green Smoothie



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PREP TIME:
5 MINUTES

COOK TIME:
N/A

TOTAL TIME:
7 MINUTES

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Recipe type: Gluten Free / Dairy Free / Vegan

Yield: 1 Serving

Ingredients:

- 1 ½ Cups Ice
- 1 ½ Cups Non-Dairy Milk (I used coconut)
- 1 Cup Kale
- [1 Scoop Truvani Vanilla Protein](#)
- ½ Medium Avocado
- 2 TBSP Coconut Yogurt or Coconut Cream
- 2 Medjool Dates - Pitted
- 1 TBSP Chia Seeds

Instructions:

1. In single serve blender – add ice and then milk.
2. Add remaining ingredients.
3. Blend on high for about 1-2 minutes. Pour into glasses and enjoy.

***Try and use all organic ingredients if possible.**

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