

## Low Carb Green Smoothie

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**Prep Time:** 5 | **Total Time:** 5 | **Yield:** 1

### Ingredients

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1 scoop vanilla pea protein powder

¼ ripe avocado

1 handful of greens such as spinach

1 splash of coconut water kefir (optional)

1.5 cups of your favourite non-dairy milk

1 scoop Nuzest Good Green Stuff or your favourite greens powder

½ small courgette (frozen)

### Method

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Blend and enjoy!