

Popeye worthy & SPINACH - AVOCADO BANANA SMOOTHIE

Drink your greens with this creamy dairy-free spinach, avocado, and banana smoothie that is Popeye-worthy. This smoothie - loaded with healthy fats, protein, and nutrient-rich ingredients - is perfect for breakfast or a healthy snack. Add antioxidant and fiber-rich chia and hemp seeds to boost protein and creaminess.

Swop out dairy for coconut cream or your favorite plant-based milk for a deliciously creamy dairy-free smoothie.



INGREDIENTS

¼ cup/60 ml cashews, soak for 30 minutes,
2 cups/500 ml coconut cream or your favorite
unsweetened plant-based milk
2 cups/500 ml spinach
2 tsp/10 ml chia seeds
2 tsp/10 ml hemp seeds
1 avocado, chopped
1 banana, chopped, frozen
¼ cup/60 ml pineapple chunks, frozen
½ cup/120 mango chunks, frozen

METHOD

Soak cashews, strain, and rinse. Add the cashews, spinach, and milk into a high-speed blender bowl. Blend until the mixture is smooth. Add the remaining ingredients and blend until smooth. Add more plant-based milk if you need to adjust the consistency.

