

PB&GREENS HYDRATING SMOOTHIE



SERVES: 1-2
PREP TIME: 5 MINUTES
TOTAL TIME: 5 MINUTES

THE VARIANT VEGGIE



PLANT-BASED
NUTRITION.

NEVER BLAND.
ALWAYS VARIANT.

INGREDIENTS

- 1 cup coconut water*
- 1/2 - 1 cup mixed berries, fresh or frozen
- 1 banana, fresh or frozen
- 2 handfuls spinach, or leafy green of choice
- 1 heaping TBSP peanut or almond butter
- 1 TBSP chia seeds
- 1 TBSP cacao nibs*

METHOD

Place all ingredients in a high speed blender and blend to for at least 30 seconds to ensure chia seeds are completely emulsified. Enjoy!

NOTES:

*I prefer coconut water in this smoothie for additional electrolytes after exercising! It also ensures a thinner texture. Sub almond milk for a thicker smoothie.

**Cacao nibs are the precursor to chocolate chips. They are naturally sugar-free and are high in iron, magnesium and fiber. They do contain a small amount of caffeine (1/4 the amount in a cup of coffee). Find them in most health food stores in the baking section. Ensure they are raw nibs and not chocolate chips ;)

NUTRITION:

Serving Size: 1/2 of recipe (approx. 6 oz.) Calories: 201 Fat: 6 g Saturated Fat: 1 g Carbohydrates: 29 g Fiber: 7 g Sugar: 15 g Protein: 6 g Sodium: 127 mg Potassium: 418 mg Vitamin A: 38% Vitamin C: 30% Calcium: 11% Iron: 17% (Daily Values)