



## Tropical Protein Matcha Smoothie

1 serving  
5 minutes

### Ingredients

- 1/2 Zucchini (chopped and frozen)
- 1/2 cup Pineapple (fresh or frozen)
- 1 1/2 cups Baby Spinach
- 1 tsp Green Tea Powder
- 2 tbsps Hemp Seeds
- 1 cup Unsweetened Almond Milk
- 1/4 cup Vanilla Protein Powder

### Directions

- 1 Add all ingredients to blender and blend until smooth. Pour into a glass and enjoy!

### Notes

- Likes it Sweet, Add honey or pitted dates.
- More Protein, Add vanilla protein powder.

### Nutrition

Amount per serving	
Calories	293
Fat	13g
Saturated	1g
Polyunsaturated	8g
Monounsaturated	3g
Carbs	20g
Fiber	6g
Sugar	11g
Protein	29g