

Courgette, spinach & maca smoothie



DYNAMIX
HEALTH & FITNESS

100ml cold water or unsweetened
almond milk

50g frozen banana

50g fresh blueberries

80g courgette, sliced

25g fresh spinach leaves

1 tbsp shelled hempseed or
flaxseed

¼ tsp maca powder

10g brazil nuts or cashews

25g vanilla flavour whey or rice
protein powder (optional)

Place all of the ingredients in a blender
and blend until creamy. Serve.

Consume immediately.

SERVES 1



PER SERVING:

348 Calories

31g Carbs

29g Protein

12g Fat