

Thick & creamy avocado smoothie



DYNAMIX
HEALTH & FITNESS

80g ripe banana
80g ripe avocado
60g cucumber
40g vanilla flavour whey or protein
powder (optional)
60g spinach or kale
a few fresh basil leaves
300ml unsweetened almond milk
10g sunflower seeds
4 ice cubes

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

Consume immediately.

SERVES 2



PER SERVING:
282 Calories
19g Carbs
20g Protein
14g Fat