



## GREEN WHEY PROTEIN SMOOTHIE

Protein-Packed / Green Power!

### INGREDIENTS:

- 1 cup Almond Milk (unsweetened)
- 1 scoop MariGold Creamy Vanilla Whey Protein Isolate Powder
- 1 tbsp ground flax seeds
- 1 medium frozen banana
- 2 handfuls Spinach (or your favorite greens)
- 1 tbsp almond butter



### DIRECTIONS

1. Add all ingredients to a blender and blend until smooth. Feel free to add ice if you prefer.
2. Enjoy!

NOTE: You can also use MariGold Unflavored or Rich Chocolate Malt Whey Isolate Protein Powder - OR even our Grass-Fed Collagen Peptides - for some other variations of the same tasty smoothie!

Featuring MariGold Creamy Vanilla Whey Isolate Protein Powder (MariGoldBars.com)

