



GOOD GUT GREEN SMOOTHIE

Ingredients

- 1 cup unsweetened coconut or almond milk
- 1 tsp. pure vanilla extract
- 1 small green banana (I know it looks like it's not ready – but is a good source of resistant starch).
- ¼ avocado
- ½ tsp. cardamom powder
- 1 Tbsp. chia seeds
- 1 handful of spinach
- 1 scoop vanilla Nuzest Clean Lean Protein (optional)

Instructions

Blend with ice and enjoy.

Use code MYANDLE for 20% off at [Nuzest.co.nz](https://www.nuzest.co.nz)

Recipe by Michelle Yandle