

Best A-Game Smoothie

INGREDIENTS

¾-1 cup water or unsweetened coconut water

1 scoop Simply Natural SPIRU-TEIN Vanilla Shake Powder

½ tsp xanthan gum

½ medium or 1 small frozen banana

½ cup frozen wild blueberries

½ cup frozen riced cauliflower

1 cup frozen chopped spinach (or 2 cups raw)

1 cup ice (or more if needed)

1. Pile ingredients in a blender and blend until smooth. If you like, garnish a tablespoon of chia seeds or other toppings, such as nuts, granola, cacao nibs or coconut flakes, and drizzle with coconut oil.

Yields 1 smoothie