



BODYBUILDING.com™

Ultimate Green Smoothie

Packed with kale, avocado, and hemp hearts, this truly is the ultimate green smoothie recipe. Bananas, peaches, and honey bring a no-sugar-added burst of natural sweetness, while a scoop each of Signature Creatine Monohydrate and Glutamine promote better recovery. Enjoy as a post-workout recovery snack or as a healthy waist-slimming breakfast.

Prep time: 5 min. **Cook time:** 0 min.

Serving size: 1 smoothie

Recipe yields 1 serving

Ingredients

1 cup packed kale leaves, stems removed
1/2 banana
1/4 avocado
1/2 cup frozen peaches
2 tbsp hemp hearts
1 tsp honey, or more to taste
1 tsp fresh lemon juice
1 cup unsweetened almond milk
1 scoop Signature Creatine Monohydrate
1 scoop Signature Glutamine
Pinch of salt (optional)

Directions

1. In a blender, combine all ingredients and blend until completely smooth. Taste and add a little more honey for sweetness, if needed.
2. Pour into a tall glass and serve.