



MyProtein Lean Green Smoothie

Ingredients

Barley grass powder 1 tsp
Wheatgrass powder 1 tsp
Flaxseed powder 1 tbsp
Myprotein Impact Whey Isolate, Vanilla 1 scoop
Sugar-free vanilla flavoring 1/2 tsp

Directions

1. Blend all of the ingredients with ice and water. Enjoy!

Nutrition Facts

Serving size: 1 smoothie
Recipe yields 1 serving

Calories 162
Fat 3 g
Carbs 7 g
Protein 25 g