

Healthy Superfood Green Smoothie

Yield: 2 min
Total Time: 1 min

Recipe from: <https://www.recipeschoose.com/recipes/peruvian-green-rice-recipe>

Ingredients:

- 1 banana ripe organic
- 1 avocado ripe, flesh scooped out
- 2 handfuls baby spinach organic
- 3 kiwis peeled
- 2 tablespoons greens I use this one
- 3 tablespoons hemp seeds
- 1 tablespoon black sesame seeds
- 1 teaspoon rice organic, enzymes, optional
- 1 tablespoon oil omega, I use this one, or you can use flaxseed oil
- 1/2 teaspoon maca powder
- 3 tablespoons almond butter raw organic
- 1/2 rice milk coconut milk, full fat + half

Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 49 grams
3. Fat: 39 grams
4. Fiber: 15 grams
5. Protein: 9 grams
6. SaturatedFat: 4.5 grams
7. Sodium: 30 milligrams
8. Sugar: 20 grams

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