



Orange Matcha Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Plain Coconut Milk (from the carton)
- 1 Navel Orange (peeled)
- 1/2 cup Frozen Banana
- 1/4 cup Vanilla Protein Powder
- 1 tsp Green Tea Powder

Nutrition

Amount per serving	
Calories	333
Fat	6g
Carbs	52g
Fiber	7g
Sugar	33g
Protein	21g
Cholesterol	4mg
Sodium	76mg
Vitamin A	917IU
Vitamin C	93mg
Calcium	641mg
Iron	1mg

Directions

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Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is equal to approximately 1 1/2 cups.

No Coconut Milk: Use cow's milk or any other alternative milk.

Additional Toppings: Add spinach or kale before blending.