

**GREEN SMOOTHIE**

Vitamin A, C & K rich, Protein rich, Vegan

 5 minutos 5 minutos 1 portion**INGREDIENTES**

- 1 Small cucumber, with peel, (301 g)
- 1 Cup of kale, (21 g)
- 1/4 Cup of cilantro leaves, (4 g)
- 1 Tsp of ground ginger, (2 g)
- 1 Scoop Whey protein powder, (28 grams)
- Juice of 1 lime
- 1/2 Green apple
- 250 gramos de water

MÉTODO DE PREPARACIÓN

1º Place all ingredients in a high speed blender and mix until smooth, adding a little filtered water if needed for consistency.

2º 1 Serving = 1.5 Cups

INFORMACIÓN NUTRICIONAL

	POR 100 g	POR PORTION (753 g)	% DDR
ENERGÍA	31 kcal	231 kcal	12 %
GRASA	0 g	1 g	2 %
GRASAS SATURADAS	0 g	0 g	2 %
COLESTEROL	0 mg	3 mg	1 %
SODIO	19 mg	141 mg	6 %
H. CARBONO	5 g	39 g	13 %
AZÚCARES	2 g	16 g	—
FIBRA ALIMENTARIA	1 g	6 g	23 %
PROTEÍNA	3 g	20 g	—