



Superfood Smoothie

Smoothie

Serves: 2

Shopping & Ingredients List:

150g frozen **Blueberries**
1 large handful **Baby Spinach**
3 tbsp **Flax Seeds**
1 scoop **Active Greens**
1 tbsp **Hemp Seeds**
2 tbsp **Maca Powder**
3 tbsp **Dulse Seaweed** 240ml
Coconut Water



Method

1. Blend all the ingredients together with 4 ice cubes & serve immediately.

Macro info per serving:

Protein

13g

Carbs

37g

Fat

8g

Energy

272Kcal