

# Green Machine Smoothie



Sweet apple, rich avocado and nutritious spinach combine with Oat Bran and Whey Protein Powder to create an incredibly delicious, nutrient-packed smoothie.

<b>SERVINGS</b> 1 serving	<b>PREP TIME</b> 1 minute	<b>COOK TIME</b> N/A	<b>PASSIVE TIME</b> N/A
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## Ingredients

- 1/4 cup **Whey Protein Powder**
- 2 Tbsp **Oat Bran Cereal** or Organic Oat Bran Cereal
- 1 cup Spinach packed
- 1/2 Avocado
- 1 cup Apple chopped
- 1 cup Apple Juice

## Instructions

1. Add all ingredients to blender and blend until smooth.