

MATCHA DETOX SMOOTHIE

Gluten free, dairy free, vegan

Serves: 2

Ingredients:

- 2 frozen bananas
- 1 scoop vegan protein powder
- 1 tablespoon Matcha powder
- 1 teaspoon vanilla extract
- 1 teaspoon chia seeds

Directions:

1. Add all of the ingredients into a high speed blender and blend until combined.
2. Serve right away.

by Shannon Boyne

awakenyourglowevents.ca

