

Monster Smoothies

Ingredients:

- Glass of choice
- 1 cup fresh spinach
- 1/4 cup powdered peanut butter
- 1 scoop vegan vanilla protein of choice
- 1 frozen banana
- 1 cup almond milk or milk of choice
- 1/2 cup of ice

Directions

1. Using a sharpie, draw a monster face on your jar! You can easily remove when finished with nail polish remover
2. Blend all ingredients well and enjoy!

MADE WITH LOVE

by Teresa Forchard