



Green Breakfast Smoothie

Ingredients

- 1 handful spinach (about 50g/2oz), roughly chopped
- 100g broccoli florets, roughly chopped
- 2 celery sticks
- 4 tbsp desiccated coconut
- 1 banana
- 300ml rice milk
- ¼ tsp spirulina or 1 scoop of greens powder or vegan protein powder (optional)

Directions

- Add all ingredients to a blender with ice and blitz until smooth
- Pour into a glass and enjoy!