Sculpt Kitchen

'The Hulk' Detox Smoothie

1 serving

Ingredients:

2 cups unsweetened almond milk (or milk of choice)
1 scp vanilla protein powder
1/2 apple peeled
1 handful spinach
1/2 cucumber peeled
1/2 avocado peeled
1/2 raw lemon squeezed with pulp

Play with the amounts, find what tastes right to you

In the blender ...

1. Combine all ingredients and mix well.

*If you have a great blender, you can leave the apple and cucmber peels on, be sure to wash well.

Nutrition Facts:

Per serving: 375 calories - 15g Fat - 30g Carbohydrates - 30g Protein

Nutritional information analysed at www.verywellfit.com

For printable versions and more amazing recipes

www.lylasleona.com/kitchen