

Target Trifecta Smoothie

1 cup nut milk of your choice, no dairy
1 cup (handful) baby organic spinach
¼ to ½ avocado (depending on size) or 1 tsp MCT oil
½ tsp green matcha tea
1 scoop Perfect Paleo Protein (any flavor), or use a dairy-free, no carb protein
1 scoop Just Juiced Veggies (optional)
1 scoop FiberMender (optional)
1 scoop L-Glutamine (optional)
Water or ice as necessary depending on your preferred consistency

Toss all ingredients in a blender, whirl, and serve.

NOTE: If you're using a lower-powered blender, you may want to add the greens and nut milk on the first round, add the additional ingredients, and then blend again to get a smoother consistency.



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