

Stress Relieving Green Smoothie



This Stress-relieving green smoothie is made with superfoods that may naturally reduce stress and anxiety.

Vegetarian | Vegan Friendly | Gluten Free

Serves: 2



Ingredients

- 2 cups fresh spinach packed
- 1/2 cup full-fat plain Greek yogurt or vegan yogurt
- 1/2 medium avocado peeled and pitted
- 1 frozen medium banana
- 3/4 cup unsweetened almond milk
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon ground turmeric
- 1/8 teaspoon ground nutmeg

Instructions

- Place all ingredients into your blender. Blend on high speed for about 45 seconds or until smooth and creamy.
- Pour into two serving glasses.

<https://www.tasteloveandnourish.com/stress-relieving-green-smoothie/>