



Quick Green Smoothie: An Irresistible & Nutritious Lunch in a Glass

Make lunch effortless and healthy with this quick green smoothie! Packed with nutrient-dense greens like kale, micro-greens, and more, “daily greens,” plus superfoods like chia seeds, hemp seeds, and creamy coconut yogurt, it’s a powerhouse of nutrition in one glass. Energize your day with this irresistible, filling meal that's as easy to make as it is delicious!

See how easy this comes together on my YouTube channel.

Ingredients

- 1 cup unsweetened, organic almond milk
- 1 TB ground chia seeds
- 3 TB hemp seeds
- 1/2 scoop Daily Greens, by Compliment (link above)
- 1/2 scoop unflavored protein powder, by Compliment (link above)
- 1 large handful green kale
- 1/2 container micro greens (I buy Bright Fresh Rainbow micro greens)
- 1 heaping spoonful almond butter (no sugar)
- 2/3 cup unsweetened/unflavored coconut yogurt (I like Harmless Harvest)
- 1 ripe banana (frozen if available)

Instructions

Load everything into the blender in the order above and blend until all ingredients are well blended (especially the Kale and microgreens).

Get the unflavored protein powder and daily greens here: <https://lovecompliment.com/>

Enjoy!

Bon Appetit!