

Mark's Kitchen

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Green Machine Smoothie

This bright green smoothie from my book, [Eat Fat, Get Thin](#), gets its creaminess from nutrient-dense avocado, an excellent source of all 9 essential amino acids that our bodies need to build muscle, as well as the omega-3 fats our brains and hearts need to be healthy. And the green tea, which is loaded with bioactive compounds, helps us increase fat burning.

Serves: 1

Ready in: 5 minutes

Ingredients:

- 1 cup of unsweetened almond milk
- 1/4 cup full-fat coconut milk
- 2 ounces (about 2 big handfuls) baby spinach leaves
- 1/2 small avocado
- 2 tablespoons hemp seeds
- Juice of 1 lime
- 1 packet green matcha tea (about a teaspoon)

Place all ingredients into a blender and blend on high until smooth.

Nutritional analysis per serving (about 2 cups): calories 480, fat 39 g, saturated fat 7 g, cholesterol 0 mg, fiber 12 g, protein 16 g, carbohydrate 22 g, sodium 65 mg