

Pre-Workout Smoothie

2 smoothies

🕒 5 minutes

● level of difficulty



Ingredients

100 g berries

30 g spinach

1 banana

1 piece of ginger

1 tbsp flaxseed

300 mL water/plant based milk

1 stick **nadLIFE[®] Energy+**

Preparation

In a blender, combine all ingredients and blend until smooth.

Tip: use a ripe banana for more sweetness in your smoothie.

