

## High Protein Strawberry Green Smoothie

This is a low glycemic smoothie with good **protein** from the chia and protein powder, **fat** from the chia and coconut milk and **fiber** from the greens, fruit and chia. It is very satisfying.

2 servings

1 1/2 cups fresh or frozen organic strawberries

2 large handfuls of spinach, romaine or any dark leafy greens

4 stalks celery chopped

2 scoops protein powder (Sunwarrior)

¼ cup coconut milk (Native Forest is a good brand)

2 Tb chia seeds soaked in 1 cup water for 30 minutes or overnight

(To learn more about chia read this post on the [Benefits of Chia](#))

Water

- Put all ingredients except water into a blender.
- Blend until smooth add water to get desired consistency
- Enjoy!

**Chef's note:** The color will be brown from the spinach and strawberries together but don't get scared it tastes great!