

# High Protein Strawberry Green Smoothie

This is a low glycemic smoothie with good **protein** from the chia and protein powder or hemp seeds. There is healthy **fat** from the chia and coconut milk and good **fiber** from the greens, fruit and chia. It is very satisfying. (To learn more about chia read this post on the [Benefits of Chia](#))

2 servings

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

1 1/2 cups frozen organic strawberries

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

2 stalks celery chopped

1 handful parsley

2 tsp maca (optional)

2 Tb hemp seeds or protein powder (Sunwarrior)

¼ cup full fat coconut milk from the can (Native Forest)

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!