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pre-workout
green
smoothie

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pre-workout green smoothie

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this is a great precursor to any workout session. the oats, along with the kale, provide you with all the protein you need before hitting the gym.
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- 1 on a cutting board, chop the kale and ginger root. add to the blender.
- 2 pour in uncooked rolled oats.
- 3 slice the strawberries and bananas directly into the container.
- 4 add grapefruit and milk, then blend until smooth; about 2-3 minutes.
- 5 top with cacao nibs and strawberries.

goodies:

- 4 stems kale
- 1/3 cup rolled oats
- 2 bananas
- 6 strawberries
- 1/4 inch ginger root
- 1 slice grapefruit
- 1/2 cup hemp milk

enjoy!

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*Watch
the full video
here*



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