

---

# Crumbs Green Smoothie

Cook Time: 0 min

prep Time: 5 min

total Time: 5 min

servings: 1-2

Ingredients:

- Large handful fresh spinach (about 50g)
- 1 1/2 tablespoons date paste
- 1/2 tablespoon fresh ginger
- 1-2 frozen banana (about 100-150g)
- 1/4 cup coconut milk
- 1 teaspoon vanilla

Toppings: fruit, granola, coconut flakes, seeds, cocoa nibs, goji berries

---

Instructions:

1. Place all the smoothie ingredients in a blender and blend until smooth.
2. Transfer to a bowl and decorate with your chosen toppings.