**4-Ingredient Green Smoothie [Vegan]**

*Ingredients*

* 1-2 ripe bananas, frozen
* 2 cups spinach, or leafy greens of choice
* 1 cup non-dairy milk or water
* 2 tablespoons hemp seeds

*Preparation*

* Combine all ingredients in a high-speed blender, and blend on high until smooth. Enjoy!