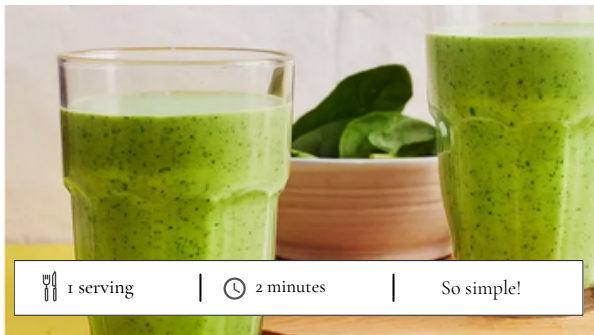




Protein rich smoothie



1 serving



2 minutes

So simple!

Ingredients

1 cup almond milk (can substitute for coconut water or any other milk of choice!)

2 heaped tbsp of protein powder of choice (I like Nutra Organics 'Thriving Family' with extra multivitamin content)

1 tbs peanut butter (or other nut butter of choice)

1 tbsp LSA mix

1 tbsp Hemp seeds

1 cup baby spinach (optional)

1 banana (fresh or frozen)

1 tbs honey (optional)

Directions

- Add all ingredients to a blender.
- Blend until smooth.
- Tip into travel cup and go!
- Add more liquid if you need to!
- Enjoy!

*You can play around with this recipe endlessly, by adding any other fruits or vegetables you prefer/feel like/have on hand: try adding avocado, blueberries, mango, strawberries, dragonfruit, pineapple, or even coconut flesh! These all come frozen for convenience if you don't want to buy fresh!

*You could also add mushroom powders or liquids, cacao powder, or even PHGG (for extra fibre).

Nut butter and fruit, with the added spinach, helps to bulk up your daily antioxidant, and good fat intake!