

Abell Bodies Power Smoothie

When it gets hot out, I like to switch from my Power Breakfast to this cold smoothie. This smoothie feeds one person a really nice big glass of energy and protein and it tastes so delicious.

Ingredients:

½ cup frozen or fresh berries

½ frozen banana (or whole banana if small)

1 cup unsweetened almond milk

1 tbsp hemp protein powder

¼ cup water

¼ cup 100% juice

1 tsp cinnamon

Directions:

Place all items in a blender and combine on top speed until smooth.