

Angie Bloom

End of Summer Smoothie

Ingredients

- 1 medium banana
- 1T Hemp Seeds
- ¼ cup frozen Bing cherries
- 1 scoop protein powder
- 1 cup unsweetened almond milk

Instructions:

1. Add ingredients to blender, blend on high until thoroughly mixed and enjoy!

Makes 1 servings

Nutrition Info: Serving size = 1 smoothie Calories 294 Fat 9.4g Carbs 37g (6.4g fiber) Protein 20.9g