



# Green Smoothie

SIMPLE RECIPE

## Ingredients

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- 2 cups of milk (almond, soy, or dairy)
- 2 scoops of protein powder
- 1 banana
- 1 tbsp of chia seeds
- 1 tbsp of hemp seeds
- 1/2 cup of pea shoots
- ice

That's all you need!



## Directions

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### Step 1:

Blend ingredients together using a blender to chop up the banana, pea shoots, and ice.

ENJOY!! That's it. It's that simple and is packed with nutrition that will get you through your day.

