

Edible Perspective

5.21.14

Whole-Food Protein Berry Smoothie gluten-free, vegan // yields ~24oz - 1lg or 2sm smoothies

- 1 1/2 cups unsweetened soy milk
- 1 heaping cup frozen blueberries
- 4 large frozen strawberries, *chopped*
- 1/2 medium frozen banana
- 2 tablespoons shelled hemp seeds
- 1 1/2 tablespoons chia seeds
- large handful baby kale or spinach
- 1 teaspoon cinnamon

Place ingredients in your blender and blend until fully smooth. Add more milk if desired.

notes: If you're not using frozen fruit make sure it's at least chilled and add a cup of ice. If your strawberries aren't very ripe/sweet feel free to add 1-2 teaspoons of pure maple syrup or 1 pitted medjool date [soaked]. Feel free to sub out soymilk for 2% or whole milk for about the same protein content. To keep it vegan but soy-free, use unsweetened almond milk or hemp milk. Note the protein will decrease [~3g for 1 1/2 cups almond and ~6g for 1 1/2 cups hemp].

nutrition info: calories: 547 fat: 24g fiber: 16g protein: 34g *figured using [Eden Organic](#) Unsweetened Soymilk