

Blended Smoothie Options

Berry Blast

- 1 cup of water or unsweetened almond milk
- 1 serving of your favorite vegan protein powder
- 1/2 cup of frozen mixed berries (strawberries, blueberries, and raspberries)
- Half of an avocado
- 2 cups of spinach
- 2 tablespoons of hemp seeds

Keto Conundrum

- 1 cup of unsweetened almond milk
- 1 serving of your favorite vegan protein powder
- 2 tablespoons of creamy unsalted almond butter
- 1 tablespoon of unsweetened cocoa powder
- 1/4 cup of heavy cream
- 1 cup of ice

Spontaneous Happiness

- 1 cup of water or unsweetened almond milk
- 1 serving of your favorite vegan protein powder
- 1/2 cup of frozen strawberries
- 1 cup of chopped zucchini, frozen or raw
- 3 tablespoons of chia seeds