

## Hemp Protein Smoothie

From [www.kblog.lunchboxbunch.com](http://www.kblog.lunchboxbunch.com)

### INGREDIENTS:

- 1 fresh ripe peach
- 1 ½ cups hemp milk, vanilla flavor
- 1 cup frozen papaya
- ½ cup frozen peaches
- ¼ cup coconut yogurt
- ½ cup coconut water ice cubes
- 1 frozen or fresh banana
- ¼ tsp salt
- 1 Tbsp honey or agave syrup

### PREPARATION:

Blend all ingredients except the protein powder and fresh fruit. Once smoothie is blended, add in the fresh fruit and blend for another few seconds until only tiny bits of the fruit can be seen. Then add protein powder and blend for another few seconds. Don't over blend as your smoothie may get mushy.

If you want a thicker smoothie, add more fruit/ice. Add more liquids for a thinner smoothie.

### NOTES FROM THE COOK: