

Hemp Protein Shake

submitted by CaseyCheatham

Per serving: 354 Calories • 63.7g Carbs (20.2g Fiber) • 8.4g Fat • 13.6g Protein

Ingredients

Ingredients scaled to: 1 serving

1 serving **Manitoba Hemp Protein Powder** (30 grams)

1 tbsp **Raw Agave Nectar** (21 grams)

1 tbsp **Cinnamon** (7.8 grams)

1/2 serving **Living Harvest Hemp Milk** (120 grams)

1 medium (7" to 7-7/8" long) **Banana** (118 grams)

1/2 cup **Water** (118 grams)

Directions

Directions are based on the original recipe of 1 serving

1. Combine all ingredients in a blender and pulse until smooth. Enjoy!