

Vegan Recovery Smoothie

This easy recovery smoothie is made with high protein foods that make it great for a post-workout drink, breakfast, or a mid-day snack.

Serves: 2, Prep time: 00:05, Cook time: 00:05

Instructions

Put the 1 1/2 cups of almond milk in the blender first, then add the 1 tbsp peanut butter, 2 tbsp of hemp seeds, 1 frozen banana, and 1/2 cup of frozen pineapple. Blend until smooth and creamy. Add more milk if necessary.

Note: This contains 9g of protein. As an athlete you need 1.6g/Kg body mass so you may need more. If this is the case add vegan protein powder which is now readily available.

You can try using other nut butter if you prefer.

Amount Per Serving (18 oz)

Protein: 9g

Carbs: 22g

Ingredients

- 1.5 cups Almond Milk, unsweetened
- 1 tablespoon Peanut butter
- 2 tablespoon Hemp seeds
- 1 pinch or to taste Banana, Frozen
- 0.5 cups Pinapple, Frozen

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