

Cashew Butter & Banana Green Smoothie

Serves 1

Ingredients:

- 1 cup water
- 2 heaping tbsp hemp hearts
- 1 tbsp ground flax or chia seeds
- 1-2 cups fresh kale or spinach
- 1/2 tsp true cinnamon
- 1 heaping tbsp cashew butter (can sub for any nut or seed butter)
- 1 scoop collagen or unflavoured protein powder (optional)
- splash of pure vanilla extract
- 1/2 banana, previously frozen
- 2-3 ice cubes (optional)

Directions:

1. If you have a high powered blender, add all ingredients in the order listed and blend on high until smooth.
2. Alternatively, add the water and hemp hearts to your blender and blend for 30 seconds. Continue with adding the remainder of the ingredients and blend until smooth.