

# Kid's Power Smoothie

This is just one example of what you can add to a smoothie. Try it with your favorite fruits! Other ideas are raspberries, mangoes, and papaya.

## Ingredients:

- 1 cup milk (we use unsweetened almond milk\*)
- Dash (~1/8 tsp) cinnamon (optional)
- 1 tsp-1 tbsp hemp seed (complete protein)
- 1 tbsp vanilla protein powder (optional)
- 1/2 banana OR 1-2 dates
- 1/2 cup frozen blueberries
- 1/2 cup frozen strawberries
- ~ 3/4 cup fresh baby spinach
- For a chocolate smoothie, add 2 1/2 tbsp cacao powder and omit strawberries

## Directions:

For best mixing results, add to blender in this order:

- Milk
- Cinnamon, hemp seed, vanilla protein powder
- Cacao powder, if making chocolate smoothie
- Fruit (banana/date, blueberries, strawberries)
- Spinach

Mix until well blended.

