



Indigo Herbs Natural Health Guide

Banana and Hemp Protein Smoothie



Ingredients

- 🌿 1 frozen banana
- 🌿 1 cup frozen blueberries
- 🌿 ½ avocado
- 🌿 1 Tbsp Banana Powder
- 🌿 1 Tbsp Hemp Protein Powder
- 🌿 1 cup water

Method

Combine your ingredients and blend together using a smoothie-maker for a cool, fruity smoothie that packs a nutritious punch. Thin the mixture with your favourite chilled juice or tea infusion.