



Indigo Herbs Natural Health Guide

Beet, Wheatgrass and Hemp Protein Smoothie



Ingredients

- 🌿 1 frozen banana
- 🌿 1 cup frozen blueberries
- 🌿 1 tbsp hemp protein
- 🌿 ½ tbsp wheatgrass
- 🌿 ½ tbsp beetroot powder
- 🌿 1 tbsp tahini
- 🌿 1 cup water

Method

For a rich, tasty smoothie blend, try these ingredients mixed together in a blender or food processor.