



Marjie C. Andrejciw, MT (ASCP), MS, NC
Holistic Nutritional Counselor
(810) 869-8898
www.circleoflifenutrition.net

Green Protein Smoothie

Ingredients

- 8 – 12 oz of water
- 1 scoop of a green beverage powder (Nano Greens or Macro Greens)
- 3 tbsp hemp seeds (hearts or hulled)

Preparation:

1. Add all ingredients into a blender and mix until smooth.

Enjoy!