

# Bodybuilder Smoothie

This is the perfect drink for post-workout recovery. The hemp seeds provide complete protein to help build muscle mass, and the coconut water supplies electrolytes and is a good source of potassium to help build cellular structure.

## Categories

Gluten-free

Yields: 2 servings

Preparation time: 15 mins

Cooking time: 0 mins

Category: Smoothies

Complexity: Moderate

Vegan experience: Absolute beginner

Preparation style: Raw

## Ingredients

Coconut water fresh (liquid from coconut)	1 cup
Orange juice, fresh	0.25 cup
Blueberries, fresh	0.25 cup
Pineapple, fresh	0.25 cup
Raw shelled hemp seeds	60 grams
Banana, fresh	1 medium - 7" to 7 7/8" long

## Instructions

### Prep

1. This recipe calls for coconut water, it can either be fresh from a coconut or store bought,
2. This recipe calls for freshly squeezed orange juice
3. This recipe calls for fresh fruit, but frozen is good as well and therefore you don't have to add ice

### Directions

1. In a blender, combine coconut water, orange juice, blueberries, pineapple, hemp seeds and banana
2. Blend at high speed until smooth. Serve immediately.

### Variations

1. Substitute hemp seeds for 1 scoop of your favorite protein powder (if on a raw diet make sure protein powder is raw, such as hemp or sprouted brown rice protein)