

The Antioxidizer Smoothie

Contains an abundance of ingredients high in antioxidants.

Categories

Gluten-free

Yields: 1 serving

Preparation time: 15 mins

Cooking time: 0 mins

Category: Smoothies

Complexity: Moderate

Vegan experience: Absolute beginner

Preparation style: Raw

Ingredients

Hemp milk, plain or original, sweetened	1 cup
Kale, raw	0.25 cup
Blueberries, fresh	8 each
Banana, fresh	1 medium - 7" to 7 7/8" long
Dates (medjool)	2 dates, pitted
Organic cacao raw powder	1 x 1 tbsp
Raw shelled hemp seeds	10 grams

Instructions

Prep

1. This recipe calls for hemp milk, it can either be homemade or store bought, however homemade will make this smoothie completely raw
2. This recipe calls for 1/4 cup of chopped trimmed kale, use only the leafy green parts
3. This recipe calls for chopped pitted dates

Directions

1. In a blender, combine hemp milk, kale, blueberries, banana, dates, cacao powder and hemp seeds
2. Blend at high speed until smooth. Serve immediately.

Variations

1. Substitute almond milk for the hemp milk
2. Substitute chopped arugula, spinach or chard for the kale