

Primal Greens

Protein Smoothie

SIMPLE RECIPE

Ingredients

- 1 scoop of Primal Greens
- 1 scoop of vanilla or chocolate protein powder
- 1 cup of almond milk (or any milk of your choice)
- ½ cup of frozen mixed berries (like strawberries, blueberries, raspberries)

Directions

1. Combine Ingredients: In a blender, add the almond milk, Primal Greens, protein powder, frozen mixed berries, and ripe banana.
2. Blend to Smoothness: Blend all the ingredients together until smooth. Make sure there are no chunks and that the smoothie has a consistent texture.
3. Taste and Adjust: Give your smoothie a quick taste. If you prefer it a bit sweeter, the ripe banana should naturally add sweetness. If needed, you could add a bit of honey or agave syrup, but remember this adds an extra ingredient.
4. Serve Immediately: Pour the smoothie into a glass and enjoy it immediately. This is great as a quick breakfast or a refreshing post-workout drink.

Notes

- The frozen berries not only add flavor but also give a nice, cool thickness to the smoothie.
- You can use any milk you prefer. Dairy or plant-based milks like soy or oat milk work well too.
- This recipe is versatile. Feel free to add or substitute ingredients based on your dietary needs or taste preferences, but that would of course increase the ingredient count.



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