

The Gold Standard (Vegan, Gluten-Free, Soy-Free)

Featured in the Manitoba Harvest newsletter, this recipe comes from Jeremy Black, Global Brand Manager for Sambazon Acai. While it is obviously a brand specific recipe, we couldn't resist posting it up... talk about an antioxidant / omega powerhouse! Is this an entire day's nutrients in a drink?

Makes: Enough for one

Prep Time: 5 min

Ingredients:

1 cup Original Hemp Bliss, organic hemp milk
1/2 cup Chocolate Hemp Bliss, organic hemp milk
1 smoothie pack Sambazon Pure Acai
1 smoothie pack Sambazon Amazon Cherry/Acerola
1 Tbsp(15g) Manitoba Harvest Hemp Protein Powder
1 Tbl (8g) Amazing Grass Green Superfood

Directions:

Combine all items in a blender. Blend on high until creamy and smooth.

Great for breakfast, as an afternoon snack, or post work out shake.