

TASTY RECIPES

Easy and delicious ways to put more healthy protein into your diet every day

Delightful Dirt Smoothie



INGREDIENTS

- 1 Premier Protein 110z. Chocolate shake
- 1/2 cup of raspberries
- 1 cup of spinach
- 4-6 ice cubes

DIRECTIONS:

1. Combine the ingredients in a blender.
2. Blend until smooth
3. Serve and enjoy!
4. Optional: top with cocoa powder and hemp seeds.