



Recipes

Smoothie

Wake Up Smoothie

Prep Time: 15 minutes

Yield: 2 servings

Ingredients:

- 2 scoops MCTlean Vanilla protein blend
- 1 cup unsweetened plant-based milk (almond or coconut)
- 3-4 cups spinach leaves
- 1/2 ripe avocado
- 2 frozen bananas, cut into chunks
- 1 small slice fresh ginger root
- Sweeten with chopped dates to taste
- 1 teaspoon hemp seeds

Directions:

1. Place all ingredients, except hemp seeds, in a high-speed blender and process until smooth.
2. Garnish with seeds. Enjoy!