



Whole30 Hemp Shake

INGREDIENTS:

- 8-10 ounces of water (can substitute for your favorite Whole30 approved milk)
- 2 scoops of Humming Hemp protein powder
- 1 frozen banana
- 1 cup of your favorite leafy greens
- 1 heaping spoon of almond butter (or nut butter of choice)
- 1 Tbsp raw cocoa powder



Prep Time 5 minutes

Total Time 5 minutes

Category Beverage

Method Blender

DIRECTIONS:

01 | Place all ingredients into a blender and blend well

02| Enjoy!

NOTES:

For the most Whole30 approved protein shake, simply mix hemp protein powder with water or your favorite Whole30 approved milk.



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