



60 Days to Reclaim YOUR Health

POST WORKOUT SMOOTHIE

Ingredients

Approximately 16 oz coconut water
3-4 dates
2 cup frozen blueberries
12 strawberries
2 Tbsp hemp seeds
1 Tbsp cashew butter
2 handfuls of collard greens or other leafy green of choice
Several handfuls of ice

Directions

1. Blend coconut water and dates in the blender.
2. Add remaining ingredients except for ice to blender and blend well.
3. Add ice and blend to desired slushiness.

Pour into glasses and serve

Protein is crucial after a workout to repair muscle tissue. This recipe includes hemp seeds, one of creation's best sources of plant-based protein.