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**ORGANIC PLANT
PROTEIN SHAKE**



THE BEST ORGANIC PLANT PROTEIN SHAKE RECIPE

Vegan organic nutrition shakes like this recipe are so good that everyone wants to try them. However, life happens and schedules get busy. If this is how it is for you, then we're sure you also experience how hard it is to prepare elaborate meals or drinks because of endless responsibilities.

This high-quality protein blend can even serve as a meal replacement. Yes, that's how much better it is compared to other ready-to-drink shake options out there! And trust us, the taste will leave you craving more and more after each sip.

And while you're at it, you may want to set aside some of your leftover greens. You can dehydrate them and turn them into your own super greens powder!

HOW TO MAKE ORGANIC PLANT-BASED PROTEIN SHAKE

PREPARE THE INGREDIENTS FOR ORGANIC NATURAL FLAVORS

1

You want to prepare your organic ingredients so it's easier to blend everything. Measure whatever needs to be measured and cut whatever needs to be sliced. That way, you can just pour them into the blender when it's time.

2

BLEND YOUR GLUTEN-FREE SHAKE

After preparing the ingredients, you can now blend them together. Feel free to adjust any of the ingredients if you feel like you're putting too much or too little for your taste.

3

POUR INTO A GLASS, SERVE, AND ENJOY

Now, you've reached your desired consistency. You want to pour the drink into a glass right away so you can enjoy it while it's fresh and at its best! You can top it off with a chocolate drizzle or some fruit slices if you like.



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Organic Plant Protein Shake



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#HQHealthySmoothieRecipes

Ingredients:

- 1 large organic banana
- 1 cup of organic raspberry
- 1 cup of organic blueberry
- 1 cup of organic acai
- 1 cup of organic kale
- 1 cup of organic spinach
- 2 tablespoons of hemp protein powder
- 1 tablespoon of organic cane sugar
- 2 tablespoons of organic chia seeds
- 1 scoop of Organic Greens 365
- 1/2 cup of oat milk
- Some ice cubes

As promised, this plant protein shake requires a few simple but high quality ingredients. You will mostly be using organic natural flavors to really pack the health benefits into your delicious drink.

INGREDIENT SUBSTITUTIONS AND SUGGESTIONS



As for the organic fruits, you can add organic apple fiber as well. You can also add veggies like organic carrot, organic tomato, and organic beet. Your choice, really! You can even sprinkle some organic rice dextrin to your blend.



If you want to switch up the milk, you can try soy ingredients as they're dairy-free. Now, if you're going soy-free, you can switch things up and go for almond milk, pea milk, or even coconut milk.



You may want to avoid any artificial sweeteners so you can enjoy the natural flavor of the smoothie. If the organic cane sugar doesn't satisfy your sweet tooth, you can add honey or pure maple syrup. You can also top the drink off with some smooth chocolate or creamy chocolate for a nice touch.

ACTIVITY SHEET

The Health Quest 365 Activity for ORGANIC PLANT PROTEIN SHAKE



Describe how you felt after your first Organic Plant Protein Shake.

What other fruits or ingredients would you consider adding to your smoothie? Why?

After a week of consuming Organic Plant Protein Smoothies, note any changes you observe in your energy levels.

If a friend asked you about the benefits of the Organic Plant Protein Smoothie, what would you tell them?

Do you feel you have a better understanding of the benefits of the Organic Plant Protein Smoothie and its preparation?



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