

HEMP PROTEIN POWDER:

Simple Recipes for a Healthier You

Discover the incredible versatility and health benefits of Deep Blue Health Pure Hemp Protein Powder with these 12 easy and delicious recipes. These recipes provide specific quantities for easy preparation, making it simple to incorporate Hemp Protein Powder into your daily diet for added nutrition and protein.

Made from premium hemp seeds, Deep Blue Health protein powder is a powerhouse of nutrition, 100% grown in New Zealand. Whether you're looking to boost your daily protein intake, fuel your workouts, or simply enjoy nutritious and flavorful meals, these recipes have something for everyone. Let's dive into a world of wholesome and tasty creations!



PALEO
& KETO

GLUTEN
FREE

VEGAN

SMOOTHIES:

Hemp Protein Smoothie:

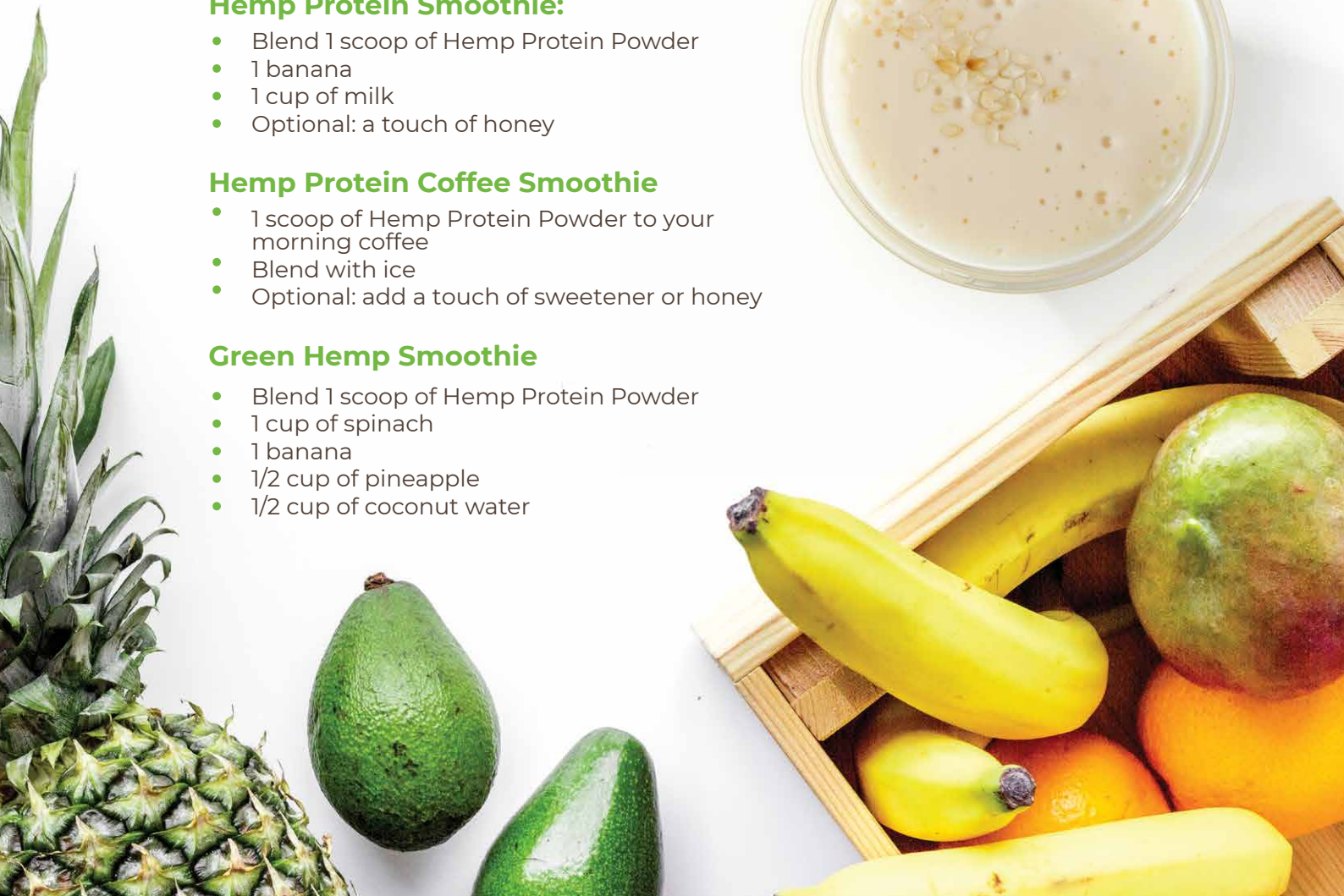
- Blend 1 scoop of Hemp Protein Powder
- 1 banana
- 1 cup of milk
- Optional: a touch of honey

Hemp Protein Coffee Smoothie

- 1 scoop of Hemp Protein Powder to your morning coffee
- Blend with ice
- Optional: add a touch of sweetener or honey

Green Hemp Smoothie

- Blend 1 scoop of Hemp Protein Powder
- 1 cup of spinach
- 1 banana
- 1/2 cup of pineapple
- 1/2 cup of coconut water



SHAKES:

Chocolate Hemp Protein Shake:

- Combine 1 scoop of Hemp Protein Powder
- 2 tablespoons of cocoa powder
- 1 cup of milk
- Optional: a touch of honey

Berry Blast Protein Shake

- Combine 1 scoop of Hemp Protein Powder
- 1 cup of mixed berries
- 1/2 cup of Greek yogurt
- 1 cup of milk

Chocolate Peanut Butter Protein Shake

- Mix 1 scoop of Hemp Protein Powder
- 2 tablespoons of cocoa powder
- 2 tablespoons of peanut butter
- 1 banana
- 1 cup of milk

Hemp Protein Peanut Butter Shake

- Combine 1 scoop of Hemp Protein Powder
- 2 tablespoons of peanut butter
- 1 frozen banana
- 1 cup of milk



BOWLS:

Tropical Hemp Smoothie Bowl

- Blend 1 scoop of Hemp Protein Powder
- 1/2 cup of mango
- 1/2 cup of pineapple
- 1/2 cup of coconut milk

Top with granola, coconut flakes, and chia seeds for a tropical smoothie bowl.

Creamy Vanilla Protein Bowl

- Mix 1 scoop of Hemp Protein Powder
- 1 cup of vanilla yogurt

Top with sliced strawberries, almonds, and a drizzle of honey for a simple yet satisfying bowl.

Hemp Protein Chocolate Bowl

- Blend 1 scoop of Hemp Protein Powder
- 2 tablespoons of cocoa powder
- 1 cup of milk

Top with sliced bananas and a sprinkle of cacao nibs for a chocolaty bowl.

Almond Joy Protein Bowl

- Blend 1 scoop of Hemp Protein Powder
- 1 cup of milk
- 2 tablespoons of chocolate chips
- 2 tablespoons of shredded coconut

Top with sliced almonds and more coconut for a delightful bowl.

ENERGY BITES:

Hemp Protein Energy Bites:

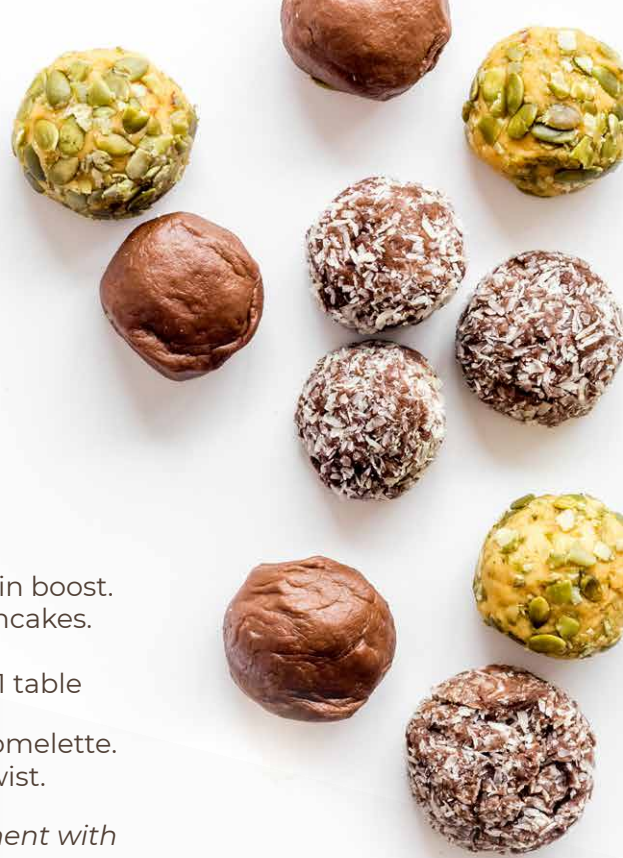
- Mix 1/2 cup of Hemp Protein Powder
- 1 cup of rolled oats
- 1/2 cup of peanut butter
- 1/4 cup of honey
- 1/4 cup of chocolate chips

Form into small balls and refrigerate for 2 hours.

Get creative by adding Hemp Protein Powder:

- Stir 1 scoop into your morning oatmeal for an added protein boost.
- Add 1 scoop to your pancake batter for protein-packed pancakes.
- 1 scoop on top of your yogurt or mix it in for extra protein.
- Spread peanut butter on whole-grain toast, then sprinkle 1 table spoon on top for a protein-rich snack.
- Whisk 1 scoop into your morning eggs before making an omelette.
- Add 1/2 cup to your favourite muffin recipe for a healthy twist.

Enjoy your culinary adventures, and don't hesitate to experiment with different ingredients to make these recipes your own!



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