

## Muscle Building Shake Recipe: Sunshine Smoothie



**1 portion contains approximately:** 283 calories - 32 g protein - 5 g fat - 29 g carbohydrates - 5.5 g fiber

### Ingredients (for 1 person)

- **8 Tbsp** Almased
- **6 oz** water
- **6 oz** coconut water
- **1 cup** mixed kale and spinach
- **1 small** carrot (5-1/2" long)
- **1 stalk** celery (5" long)
- **2 tsp** hempseeds



## Preparation

In a blender, combine Almased, liquid and other ingredients. Blend until smooth. Pour into a glass and enjoy.