

Cherry Hemp Smoothie

Recipe by Joy McCarthy from Joyous Health

JOYOUS HEALTH

Ingredients:

- 1 banana
- Half a zucchini
- 1 cup frozen cherries
- Half avocado or ½ cup frozen avocado cubes
- 4 tbsp Hemp Yeah! Max Protein Unsweetened
- 2 cups non-dairy milk of choice
- Optional: 10 drop liquid stevia to sweeten or some raw honey
- Top with shredded coconut

Instructions:

1. Place all ingredients into a blender and blitz until smooth. Enjoy right away!

Notes:

Serves 1 generously or 2