

SALTED ALMOND SHAKE

Prep time: 10 minutes | Blend time: 5 minutes | Total time: 15 minutes

Makes: 2 servings (about 11 fluid ounces or 330 ml per serving)

Note: Double recipe for 2 people

1 cup (40 g) fresh spinach, tightly packed (stored in freezer)

1 ½ cups (360 ml) fortified nondairy milk of choice (almond, hemp, rice, etc.)

2 tablespoons almond butter

2 tablespoons hemp seeds

⅛ teaspoon salt

1 Medjool date, pitted

1 frozen banana

1. Wash and prep all ingredients.
2. Add ingredients to blender in order listed. Blend and serve. (If needed, add 1-2 tablespoons water at a time to achieve thinner consistency.)



MAKE IT NUT-FREE: Substitute 2 tablespoons sunflower seed butter for the almond butter.

Recipe inspired by: CSY Kris Carr