

sunrise super smoothie

SERVES 2

RECIPE FROM: [Simply Nourished Recipes](#)

PREP TIME: 5 minutes

-
- 8 oz unsweetened almond milk or coconut milk
 - 2 small carrots, peeled
 - 1 medium orange, peeled
 - 2 Tbsp [hemp hearts](#)
 - 1 inch fresh ginger, peeled OR
¼ tsp ground ginger
 - 1 inch fresh turmeric, peeled OR
⅛ tsp ground turmeric
 - 1-2 scoops unsweetened, clean protein powder of choice (such as [Garden of Life Sport Organic Plant Protein Vanilla](#))
 - 1 scoop or 2-3 Tbsp unflavored, clean collagen peptides powder, optional (such as [Vital Proteins Collagen Peptides](#))- omit for vegetarian/vegan
 - 1-2 cups ice
-

PLACE milk, orange, carrots, ginger and turmeric in a high-powered blender and start blending.

SLOWLY add hemp hearts through the top opening of the blender canister.

ADD protein powder and collagen powder (optional).

ADD 1-2 cups of ice cubes, depending on desired thickness.

BLEND about 30-45 seconds until ice cubes are fully blended.

DIVIDE into 2 servings.

SHARE or freeze the other serving for later.

