



Blood Orange Smoothie

Prep Time: 5 minutes

Yield: 1 serving

"Ideal pre-workout smoothie, high in antioxidants, Vitamin C and aimed to increase energy + stamina. This smoothie has 10g plant protein, 8g fiber and half of your daily intake for calcium + magnesium!"



Ingredients

1 cup non-dairy milk (almond or coconut)
Zest of 1 blood orange (about 1 teaspoon)
1 blood orange, rind removed
½ cup frozen mango
½ frozen banana
2 tablespoons hemp seeds
1 tablespoon flax meal
½ teaspoon Hero₂ Cordyceps FreshCap mushroom powder

Preparation

1. Add all ingredients to a blender and blend until smooth.

Nutrition facts per serving (1 smoothie): 350 calories/42g carbs, 10g protein, 16g fat, 8g fiber, 728g potassium, 54% calcium, 50% magnesium

Chef's notes; SoDelicious Coconut milk was used for this recipe. Any non-dairy milk substitute can be used.

Recipe provided by Chef Teresa Hansen www.chefhansen.com