

# MUSCLE BUILDER SMOOTHIE

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Prep. time:	Cook time:	Serves:
10 min	N/A	1

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## INGREDIENTS:

Mix all in blender:

- 1/2 cup of coconut or almond milk
- 1 scoop vanilla protein powder
- 1 Tbsp. hemp seeds
- 1 cup frozen peaches
- 1/2 cup pineapple
- 1/2 cup fresh orange juice
- a handful of ice