



SMOOTHIE BOMB

USE SMOOTHIE BOMBS TO INSTANTLY ADD FIBER, FAT, PROTEIN & LOTS OF FLAVOR

- 2 tsp vanilla extract
- 1/2 cup hemp seeds
- 1/2 cup ground flaxseed
- 1/4 cup chia seeds
- 2 Tbsp unsweetened coconut flakes
- 2 tsp raw honey or pure maple syrup (optional)
- 2 tsp cacao powder (optional)
- 2 Tbsp plant-based protein powder (optional)
- 2 Tbsp unsweetened coconut or almond milk to moisten

1. Add all ingredients to a blender and blend until smooth.
2. If you need to add more liquid, you can, but don't add too much! You want the blend thick.
3. Scoop out and roll into 1 inch balls.
4. Freeze for at least 3 hours.
5. When ready for a smoothie, add smoothie bombs to a blender with 1 cup of liquid plus frozen fruits or vegetables.
6. Blend until smooth, and enjoy!

PREP TIME: 5 MIN
FREEZER TIME: 3 HOURS
MAKES 4 SERVINGS

RECIPE ADAPTED FROM: WWW.SIMPLYSHANNONAGINS.COM