

RECIPE

Kiwi Berry Shake

🕒 5 minutes / 1 serving

BLACKBERRIES AND KIWI make this shake taste like a treat, while soy milk (or your milk of choice), protein powder, and hemp seeds deliver serious protein and fiber.

INGREDIENTS

- 1 cup unsweetened fortified soy milk
- 1 scoop unsweetened plant-based protein powder
- 1 kiwi, peeled and chopped
- ½ cup blackberries
- 1 tbsp hemp seeds



INSTRUCTIONS

- 1 **BLEND** soy milk, protein powder, kiwi, blackberries, and hemp seeds in a blender until smooth.
- 2 **POUR** into a glass and enjoy.

NUTRITIONAL INFO PER SERVING

CALORIES

340

PROTEIN

37 g

FIBER

9 g

CALCIUM

480 g