



# NUTRITIOUS HEMP SMOOTHIE

*Recipe by  
Zoe Bingley-Pullin*

- 1 cup Almond Milk (or Coconut Milk if you have allergies)
- 1 tbsp Thompson's Hemp Wholefood Powder Unflavoured
- 1 tbsp Virgin Coconut Oil
- 2 tbsp Thompson's Hemp Seeds
- Handful Baby Spinach
- ½ cup Frozen Banana
- ½ cup Frozen Pineapple

1. Place all ingredients into your food processor and blend until smooth.  
You might like to add a little water to thin the mixture, if needed.
2. When ready, pour into a chilled glass and enjoy!



NO ADDED GLUTEN



DAIRY FREE



VEGAN

