

HANA MILLY



## 4 VEGAN PROTEIN SMOOTHIE RECIPES



GLUTEN-FREE



DAIRY-FREE



SOY-FREE



EGG-FREE



### #1 BLACK BEANS SMOOTHIE



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Black Beans

*1/2 Cup*



Cacao Powder

*1 Teaspoon*



Lucuma Powder

*1 Teaspoon*



Almond Milk

*8-16 Ounces*



Almond Butter

*1 Tablespoon*



Maple Syrup

*1 Tablespoon*



Cubes of Ice

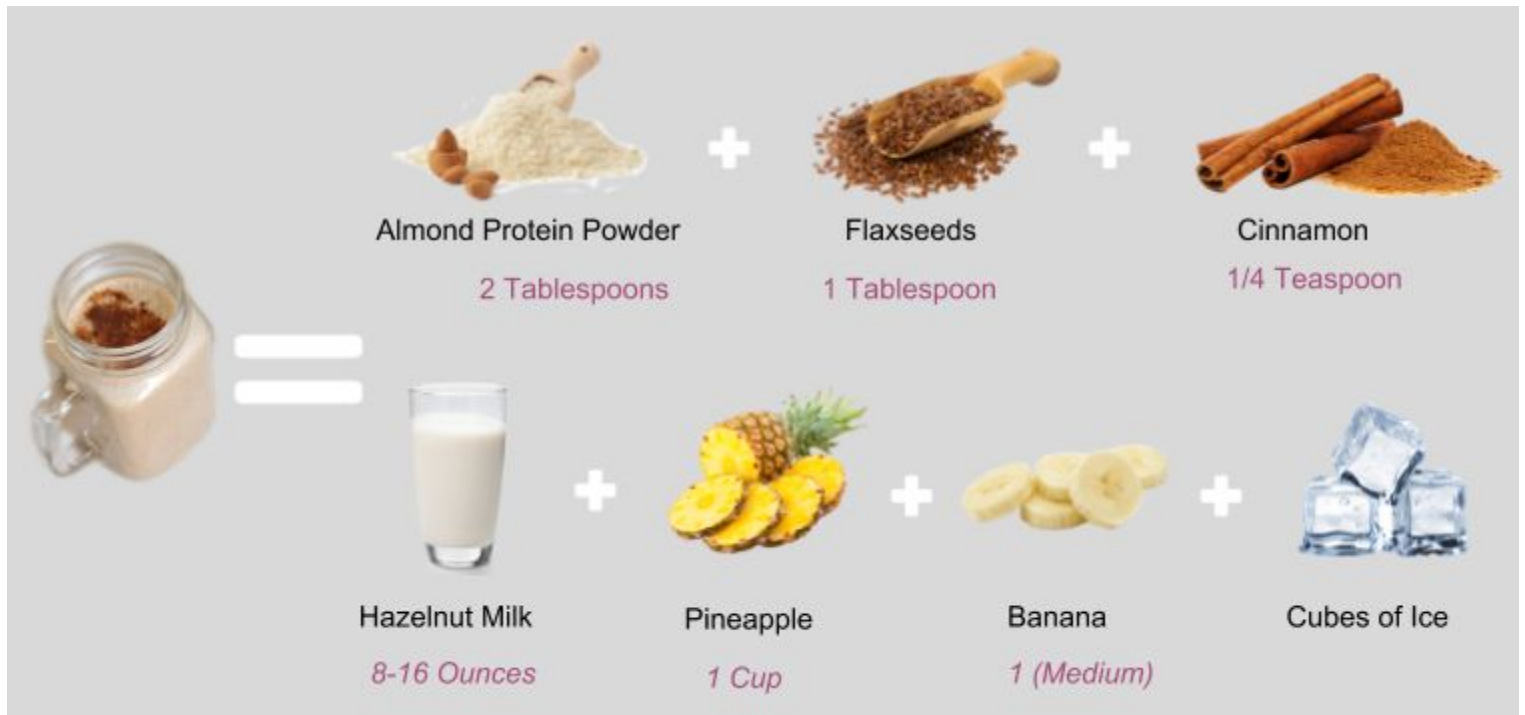
## #2 WHITE BEANS SMOOTHIE



## #3 HEMP SMOOTHIE



## #4 ALMOND SMOOTHIE



### \*LITTLE NOTE FROM ME:

Although protein plays a major role in adding muscles to your curves, it's important to eat the right amount and the right kind of protein to get its health benefits. There is no rush, try to find the balance between workouts and nutrient intake. Soon you will see the major change in your body with time. Small and gradual improvements in health are what pay off the most in the end.

*Hana Milly*