



Recipes

Beverages

Chia Protein Smoothie

Prep Time: 10 minutes

Yield: 2 servings

Ingredients:

- 1/2 cup hemp, almond or any plant based milk alternative
- 2 scoops MCT Lean Vegan Protein Blend Natural Vanilla
- 1 tablespoon MCT Lean MCT Oil or coconut oil
- 1/2 cup frozen pineapple or mango
- 1 banana
- 2 tablespoons chia seeds

Directions:

1. Place all ingredients in a Vitamix or high-speed blender.
2. Blend on high for 1-2 minutes. Add ice, if desired.
3. Enjoy!