

7 Day Raw Vegan Protein Shakes Recipes

Creamy Cacao Hemp Protein Shake

1 cup Almond Milk
1 Banana
1 Scoop Hemp (or SunWarrior) Protein
1 Tbsp Cacao powder
1 Tbsp Almond butter
1 Tbsp Maca
1 Medjool Date
1 tsp Vanilla
½ tsp Cinnamon

Directions

Place all ingredients in a blender and blend.

Berry Banana Hemp Protein Shake

1 cup Almond Milk
1 Banana
1 Scoop Hemp (or SunWarrior) Protein
½ cup Blueberries

Directions

Place all ingredients in a blender and blend.

Tropical Green Smoothie (drink one a day)

¼ bunch Spinach
1 [Kale](#) leaf
1 [Banana](#)
½ Mango
1/8 Pineapple
1 c Water

Put all ingredients in a blender.