



Noreen's Kitchen

Dairy Free High Protein

Breakfast Smoothie

Ingredients

Serves 4

2 cups fresh or frozen pineapple cubed	1 tablespoon chia seed
1 fresh mango, diced	1 tablespoon hemp oil
1 medium banana, sliced	1 1/2 cups unsweetened coconut milk
1/4 cup dried dates, chopped	2 cups ice cubes
3 tablespoons egg white powder*	Agave nectar to taste (optional)
1 tablespoon hemp seed	

Step by Step Instructions

Place all ingredients into the carafe of a blender and whirl until smooth.

You can adjust the thickness of your smoothie by adding more or less ice and/or coconut milk. You can also make the smoothie super slushy by using frozen mango, pineapple and banana and eliminating the ice cubes. This will give you a super thick smoothie and eliminate excess water.

You can also throw in any additional fruits you like. A handful of strawberries or mixed berries would also be lovely!

Serve in tall glasses for a protein packed start to your day. Enjoy this on the run or relaxing with the newspaper or your email!

Leftover smoothie can be frozen and popped into the blender with a bit more juice or milk to blend the next day!

*NOTE: You can use 2 fresh egg whites in place of the powder in this recipe.

Enjoy!