

# Pea Protein Strawberry Banana Spinach Smoothie

Yield: 4 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-vegan-pea-protien-chicken-recipe>

## Ingredients:

- 1 cup non dairy milk choice
- 1 cup spinach
- 1 frozen banana
- 1/2 cup frozen strawberries
- 1/4 cup frozen blueberries
- 1 scoop pea protein NOW Foods, natural unflavored
- 1 tablespoon mesquite powder
- 1/4 teaspoon vanilla bean powder
- 1 pinch Himalayan pink salt
- 1 medjool date if needed for extra sweetness
- 1 cup non dairy milk choice
- 1 cup spinach
- 1 scoop pea protein NOW Foods, natural unflavored
- 1 tablespoon cacao powder
- 1 tablespoon mesquite powder
- 1/4 teaspoon vanilla bean powder
- 1/4 teaspoon ground espresso
- 1/4 teaspoon Himalayan pink salt
- 1/4 teaspoon cinnamon
- 4 medjool dates depending on the level of sweetness you want
- 15 ice cubes or 1 frozen banana and 5-7 ice cubes