**Green Warrior Protein Smoothie**

Vegan, gluten-free, grain-free, no bake/raw, nut-free, refined sugar-free, soy-free

Talk about a super charged meal in a glass! I use hemp hearts as the major protein source for this drink. In addition to being a complete protein source, hemp hearts also contain the ideal balance of omega 3-6-9 fatty acids and are high in fiber. They work wonderfully to make this smoothie super creamy, all without needing any banana

**Ingredients:**

* 1/2 cup (125 mL) fresh red grapefruit juice
* 1 cup (25 g) destemmed kale or baby spinach
* 1 large sweet apple (200 g), cored and roughly chopped
* 1 cup (130 g) chopped cucumber
* 1 medium/large stalk celery (85 g), chopped (about 3/4 cup)
* 3 tablespoons (30 g) hemp hearts, or to taste
* 1/3 cup (55 g) frozen mango
* 2 tablespoons (4 g) packed fresh mint leaves
* 1 1/2 teaspoons virgin coconut oil (optional)
* 4 ice cubes, or as needed

**Directions:**

1. Juice a red grapefruit and add 1/2 cup grapefruit juice to the blender.
2. Now add the kale (or spinach), apple, cucumber, celery, hemp, mango, mint, coconut oil (if using), and ice. Blend on high until super smooth. (If using a Vitamix, use the tamper stick to push it down until it blends). You can add a bit of water if necessary to get it blending.
3. Pour into a glass and enjoy immediately! This makes enough for a large glass with some leftover so you can also divide it into two servings and save one for later.