



Peace, Love and Light!

Strawberry White Bean Smoothie

PRESENTED BY

peaceloveandlight.co

INGREDIENTS

- 4 frozen ripe bananas, peeled and chopped
- 2 cups strawberries, washed and halved
- 1 cup white beans, cooked and drained
- 1 tsp vanilla extract (or ½ tsp vanilla powder)
- 2 tbsp hemp seeds
- 1 ½ cups water or plant-based milk

INSTRUCTIONS

1. Using a blender, blend the 2 cups of strawberries to a liquid base.
2. Blend in the white beans, bananas, vanilla extra, hemp seeds, and water. *Suggested amount of water is 1 ½ cups water, but adjust according to your desired consistency.*

OPTIONAL

Add additional fruits for sweetness and taste

