

Red Velvet Smoothie

1 cup hemp milk
1 teaspoon cocoa powder
1 teaspoon brown sugar
1/2 banana
10-12 frozen bing cherries
2 tablespoons rolled GF oats (optional)
2 teaspoons ground flax
2 tablespoons hemp protein powder

Place all the ingredients in a blender. Whir until smooth. Pour in a glass and enjoy.

Notes:

I like hemp milk for smoothies because of it's thick and creamy texture. Feel free to substitute any dairy or non-dairy milk.

Use fresh bing cherries when they're in season. You may want to add a few ice cubes if you do. Smoothies are best when they're cold.

Use any sweetener you like—regular or brown sugar or agave. You could try honey or maple syrup but their flavors are a bit stronger.

And, any protein powder will work. I happen to use hemp but you can use whey, soy or rice protein powder if you prefer.