

Smoothies

Mum's

Hemp N Greens Smoothie

2 Scoops Hemp N Greens
10 ounces Orange Juice
1 organic lime squeezed
Blend and Serve. Serves 1.

Mum's Tropical Smoothie

1 scoop Hemp Pro
1 scoop Flax Pro
10 ounces Orange Juice
1 handful frozen berries
(your choice or a mix)
Blend and serve. Serves 1

Mum's Cocoa Puff

1 scoop Hemp Pro
1 scoop Flax Pro OR Flax ProBiotic
10 ounces vanilla rice milk
1 tsp. Organic cocoa
Blend and serve. Serves 1.

The great thing about Mum's Wholefood Powders is that they contain no artificial colors, flavors, or additives so you can mix it up anyway you like. Don't be afraid to experiment and use various powders and have fun!

Mum's Fruit Medley

16 ounces apple juice
1 pear cut in peices
1 kiwi cut in peices
1 scoop Hemp Pro
1 scoop Flax Pro OR Flax ProBiotic
Blend and serve. Serves 2.

Mum's Flush

2 scoop Hemp Pro
8 oz black cherry juice
4 oz filtered water
Shake it up and drink!
Makes 1 quick and easy fiber/protein drink
full of insoluble fiber...great for cleansing!

Smoothie Tip#1

Use Flax Pro or Flax ProBiotic instead of high carb banana's to thicken your shake. It will create a great texture and fill you up too!

Banana Hemp Smoothie

24 oz Orange Juice
1 organic banana
½ cup Hulled Hempseeds
Blend until smooth.
Serves 2-12 oz smoothies.

Kids Brain Booster Smoothie

½ cup Hulled Hempseeds
1 cup pineapple juice
1 cup orange juice
1 handful of berries (optional)
½ cup plain yogurt
Blend and Serve. Makes 2 smoothies.