



The Gold Standard (Vegan, Gluten-Free, Soy-Free)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



672 kcal

SIDE DISH

Ingredients

- ☐ 1 smoothie pack sambazon acai pure
- ☐ 1 smoothie pack sambazon amazon cherry/acerola
- ☐ 0.5 cup chocolate hemp bliss organic
- ☐ 1 cup original hemp bliss organic
- ☐ 15 g manitoba harvest hemp protein powder
- ☐ 8 g amazing grass superfood green

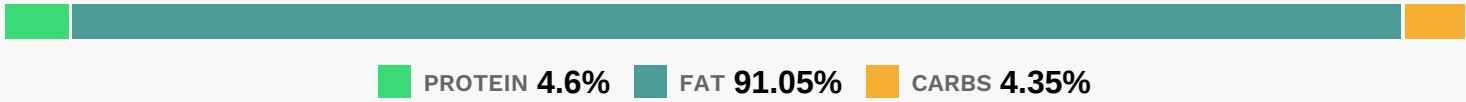
Equipment

blender

Directions

Combine all items in a blender. Blend on high until creamy and smooth.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:0.24, Inflammation Score:-6, Nutrition Score:2.6160870113451%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 672.07kcal (33.6%), Fat: 68.1g (104.77%), Saturated Fat: 4.92g (30.75%), Carbohydrates: 7.32g (2.44%), Net Carbohydrates: 4.01g (1.46%), Sugar: 1.88g (2.08%), Cholesterol: 0mg (0%), Sodium: 0.54mg (0.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.73g (15.47%), Manganese: 0.42mg (21.18%), Fiber: 3.32g (13.27%), Iron: 2.04mg (11.31%), Potassium: 75.92mg (2.17%), Calcium: 18.64mg (1.86%), Folate: 6.32µg (1.58%), Magnesium: 5.68mg (1.42%), Copper: 0.03mg (1.3%), Zinc: 0.18mg (1.23%)