

# Mixed Berry Protein Shake



**Essential**  
Organic  
Pumpkin  
Seed Oil



**Essential**  
Organic  
Hulled Hemp Seeds  
125g  
S0902  
VEGAN

Prep **5 mins**  
Blitz **2 mins**  
Serves **2**

**Ingredients:**

- 60g Essential Hulled Hemp Seeds
- 1 tbsp Essential Pumpkin Seed Oil
- 200ml Water
- 100g Natural Cool Berry Mix
- 40g Bio Inside Edamme
- 1tsp Sunita lime juice and Ginger juice (Optional)
- 1-2 Rift Valley Farms Classic Organic Medjoul Dates
- 2 tbsp Sojade High Protein Plant-Based Skyr Natural

Start your day with this Mixed Berry Protein Shake with our two star ingredients :

+ Organic Hulled Hemp Seeds which have a very high protein count and give the shake a creamy, smooth consistency.

+ Organic Pumpkin Seed Oil which has polyunsaturated fatty acids (like Omega-3 and 6)

Overall this recipe amounts to 30g protein per serving it's high in omega 3, magnesium, foliate and vitamin C.

Method

1. Pour water into your blender container and add frozen berries and edamame beans.
2. Add hulled hemp seeds, tablespoon of pumpkin oil, a teaspoon of lime or ginger juice your choice. Scoop in the yogurt and add the dates.
3. Blitz the ingredients and add more water if needed. If you'd like it to be more sour add more lime juice or if you would like it to be sweeter add more berries. Blitz until smooth and serve.

