

PROTEIN POWER SOUP



INGREDIENTS

- 2 cans black beans
- 2 large sweet potatoes
- 2 cups kale
- 2 scoops Raw Barrel Whey protein
- 2.5 cups reduced-sodium chicken broth

NUTRITION STATS

Per Cup, makes 7:

- Carbs: 34g
- Protein: 16 g
- Fat: 1.5g
- Calories: 214

DIRECTIONS

- 01** Poke holes in sweet potatoes and microwave on high for 5-6 mins.
- 02** Drain/rinse both cans of beans.
- 03** Combine all 5 ingredients in blender and . . . BLEND!
- 04** Microwave on Medium High for 30 seconds and serve!