

Pretty Pea Protein Smoothie

Ingredients

- **4 scoops unsweetened pea protein**
- **2 bananas** (ripe = creamier & naturally sweeter)
- **2–3 cups high-protein milk**
Soy or Ripple (pea milk) both work beautifully
- **A pinch of nutmeg**
- **A pinch of cinnamon**
- **1–2 big handfuls of greens**
Spinach for mild flavor, kale for extra grit
- Optional (for prettiness & balance):
 - A few ice cubes ✨
 - 1 tsp vanilla extract
 - 1 tsp maple syrup or honey (only if needed)

How to Blend

1. **Liquids first** – pour in your soy or Ripple milk.
2. Add **bananas** and **greens**.
3. Blend briefly to break down the greens.
4. Add **pea protein**, **nutmeg**, and **cinnamon**.
5. Blend until silky smooth (30–60 seconds).
6. Adjust thickness with more milk or ice.

Flavor & Texture Notes

- **Bananas + nutmeg** soften the earthy pea protein.
- **Cinnamon** adds warmth and balance.
- **Greens disappear** into a clean, lightly sweet profile.

- Texture should be **thick, creamy, and pastel-green pretty** ❤️
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Serving Ideas

- Pour into a tall glass or mason jar
- Sprinkle a tiny pinch of cinnamon on top
- Add a metal straw for that *calm, intentional energy* 🌿